

Our Promise to Breastfeeding Families



Mount Sinai's Women's and Infants' Program supports all families in their infant feeding choices. We proudly encourage our families to breastfeed by committing to the World Health Organization's Baby Friendly "10 Steps to Successful Breastfeeding."

We promise our breastfeeding families that:

- Our team will follow a breastfeeding policy which will inform you, and support all of your feeding decisions.
- We will help you to hold your baby skin-to-skin as soon as possible and uninterrupted for one hour after birth.
- You will be encouraged to breastfeed whenever your baby wants.
- Your baby will always stay with you unless you or your baby requires extra medical support.
- Our staff will be educated in how to assist you with breastfeeding and hand expression.
- We will help you and your baby learn to breastfeed.
- Breastmilk substitutes will only be given with your informed consent.
- You will be given a list of community support groups and breastfeeding clinics when you are discharged.