

∞ THE FIRST STEP ∞
— toward keeping —

YOUR BABY HEALTHY



TEXAS 10 STEP
PROGRAM





TEXAS TEN STEP FACILITIES:

- 1 Support your decision to give your baby the best.
- 2 Have trained staff to help you breastfeed your baby.
- 3 Teach you the steps to successful breastfeeding — including how to pump your milk when you can't be with your baby.
- 4 Allow you to breastfeed your baby as soon as possible after birth.
- 5 Teach you how to hold your baby in skin-to-skin care.
- 6 Check in on your progress to make sure breastfeeding is going well.
- 7 Ask your permission before giving your baby anything other than your milk.
- 8 Encourage you to keep your baby in the room with you — day and night.
- 9 Ask your permission before giving your baby a pacifier.
- 10 Support your breastfeeding efforts after you leave the hospital.



TEXAS TEN STEP

Supporting the Health of

Your New Texan



THE DAY YOU GIVE BIRTH

to your baby is one of the most exciting, memorable and exhausting days of your life. You will need support from trained breastfeeding professionals to get breastfeeding off to a good start. Delivering your baby at a Texas Ten Step facility helps ensure that you will receive the best care.



A Texas Ten Step facility offers you the special care that is needed to help you breastfeed.

Not all hospitals in Texas have received this award. This designation is only given to facilities that provide top-notch staff and smart policies that will help you breastfeed successfully.



Getting Off to the Best Start

Breastfeeding is wonderful and natural, but it also takes lots of practice.

HELPFUL TIPS TO GET STARTED:

- ☞ **Breastfeed as soon after birth as possible.** Your baby will be alert and ready to learn during the first two hours after birth.
- ☞ **Keep your baby in skin-to-skin contact with you.** Skin-to-skin care will calm your baby, providing a familiar environment, warmth and security.
- ☞ **Limit your visitors.** Everyone will want to see your new baby, but it is important to reserve this special time for you and your baby. Ask friends and family to visit once you are home.
- ☞ **Keep your baby in your room 24 hours a day.** This will help you bond with your baby and learn your baby's hunger cues.
- ☞ **Avoid bottles and pacifiers for the first two to four weeks.** Early use of bottles and pacifiers can interfere with your milk production.
- ☞ **If breastfeeding is uncomfortable or painful, ask for help right away.** Getting help with improving your baby's latch will allow your baby to get more milk and make breastfeeding more comfortable for you.

Benefits for Mom and Baby

Breastfeeding makes babies healthier and smarter. It boosts babies' immune systems and guards them against childhood obesity and diabetes. It also reduces your chances of breast cancer and will help you burn as much as 600 calories each day. And, it's FREE and available day and night.

“When I had my baby, I knew I wanted to breastfeed but wasn't sure if I would be able to do it. With the encouragement and support of the hospital staff, my baby and I got off to a good start. Now breastfeeding just comes naturally.”

————— DIANA GARCÍA —————

Breastfeeding mother, delivered at a Texas Ten Step facility



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**To find a Texas Ten Step facility near you,
visit our website at TexasTenStep.org, or for breastfeeding
help and information, call 800.514.MOMS.**



**If a Texas Ten Step facility is not in your area, talk to
your doctor about finding a hospital that encourages
breastfeeding and will support you before and after birth.**



breastmilkcounts.com