



Texas Ten Step

application page 1
Supporting the Health of Our Newest Texans

New Application Recertification

Texas Ten Step Goal: Increase breastfeeding rates to 75% at discharge.

Name of Facility:	
Address:	
Telephone: ()	Fax: ()
Contact Person:	
Email Address:	

Please submit the following documents (for recertification include any updated documents previously submitted):

1. Your facility's breastfeeding policy based on the Texas Ten Step Model Policy
2. Other documents that clarify current practices in your facility such as
 - a) discharge teaching checklist
 - b) list of community resources for nurses and/or parents
3. List breastfeeding trainings attended or provided to staff with dates and topics in the last year (see page 2)
4. How many hours a week do you have IBCLC coverage?

Lactation Coverage	hrs/week
IBCLC	<input type="text"/>
Peer Counselor	<input type="text"/>
BF Educator	<input type="text"/>
Night Coverage	Y/N <input type="text"/>

5. Are you a designated Mother Friendly Worksite? Y/N
6. What steps has your facility taken to become Baby Friendly?
7. How many births do you have a year? _____
8. What are your breastfeeding rates?

Breastfeeding Rates	Percent
Initiation Rate	<input type="text"/>
Rate at Discharge	<input type="text"/>
Exclusive Rate at Discharge	<input type="text"/>



Complete page 1; page 2; sign page 3; attach your breastfeeding policy and your breastfeeding training protocol; and submit to: **Kristina Arrieta, Nutrition Services, Department of State Health Services, PO Box 149347, Mail Code 1933, Austin, TX 78714-9347.**



If you have any questions or need additional information, you can reach Ms. Kristina Arrieta, (512) 341-4592, fax (512) 341-4473 or email: Kristina.Arrieta@dshs.state.tx.us





Texas Ten Step

application page 2

Supporting the Health of Our Newest Texans

Training	Date	Location	% staff in attendance
DSHS			
<input type="checkbox"/> Breastfeeding Management			
<input type="checkbox"/> Breastfeeding the Compromised Infant			
<input type="checkbox"/> Managing Breastfeeding Complications			
These trainings can be scheduled at your facility free of charge. Please contact Kristina Arrieta for additional information.			
<input type="checkbox"/> Principles of Lactation Management			
<input type="checkbox"/> Lactation Counseling and Problem Solving			
<input type="checkbox"/> Evidence Based Lactation Management			
<input type="checkbox"/> Peer counselor Trainer Workshop			
You may register for these trainings at http://www.dshs.state.tx.us/wichd/lactate/courses.shtm			
Conferences and Workshops			
Inhouse Trainings			
<input type="checkbox"/> Inservice			
<input type="checkbox"/> Newsletters			
<input type="checkbox"/> Articles			
<input type="checkbox"/> Other			
Online Trainings			
Breast Pump Trainings			
What percentage of new staff has received breastfeeding training?			_____ %



If you have any questions or need additional information, you can reach Ms. Kristina Arrieta, (512) 341-4592, fax (512) 341-4473 or email: Kristina.Arrieta@dshs.state.tx.us





Texas Ten Step

application page 3

Supporting the Health of Our Newest Texans

10 Steps to Successful Breastfeeding

Initial by each Step and sign below:

- 1 BREASTFEEDING is the preferred method of newborn and infant feeding.
- 2 EMPLOYEES who care for mothers, newborns and infants should receive breastfeeding training within 6 months of employment, with updates provided on a regular basis.
- 3 BREASTFEEDING is presented as the feeding choice for mothers. All mothers will be taught how to breastfeed even if they are separated from their infant.
- 4 MOTHERS are encouraged to breastfeed their newborn within one hour of birth (ideally within 30 minutes).
- 5 BREASTFEEDING will be assessed within six hours after birth and once per shift.
- 6 NEWBORNS should be given breastmilk substitutes only if it is medically indicated and ordered by the physician or requested by the parent.
- 7 MOTHERS and newborns should be encouraged to room-in unless separation is medically indicated.
- 8 MOTHERS should be encouraged to breastfeed their newborns without restriction. Breastfeeding should take priority over non-emergency events.
- 9 ARTIFICIAL nipples should be discouraged for the healthy newborn.
- 10 BREASTFEEDING mothers should receive support following discharge.



Nurse Manager

Medical Director



If you have any questions or need additional information, you can reach Ms. Kristina Arrieta, (512) 341-4592, fax (512) 341-4473 or email: Kristina.Arrieta@dshs.state.tx.us

