



Tshwane District Hospital

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BABY FRIENDLY TSHWANE DISTRICT HOSPITAL

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World Health Organisation (WHO) and United Nations Children’s Fund (UNICEF) introduced The Baby Friendly Hospital Initiative as a global initiative that aims to give every baby the best start in life by creating a health care environment that supports successful breast-feeding as normal behaviour.

What is Tshwane District Hospital doing?

Since early year 2007, TDH has been preparing itself to join the six facilities in Tshwane-Metsweding region which have already attained the Baby Friendly Status, and we are at the advanced stages. We had an internal (Gauteng) assessment in May 2008 and will have an external (other provinces) assessment in August 2009.



AFTER-FEEDING: Baby sleeps peacefully in the hospital

- Offer light food and drinks, e.g. Bread, Juice
- No invasive procedures such as membrane rupture and episiotomy, unless needed

How to give mothers extensive support in terms of breastfeeding in the context of HIV?

- Give counseling and support to HIV positive mothers

How to adhere to the International Code of Marketing of Breast-milk Substitutes?

- Set guidelines about marketing of formula milks e.g. no free samples to mothers, no public advertising of baby formulas

- should be separated from their infants
- 6. Give newborn infants no food or drink other than breast-milk, unless medically indicated

Baby breast-feeding is recommended because it:

Only 19000 facilities worldwide have attained a Baby Friendly status so far.

What do preparations entail?

There is a comprehensive criterion set by the WHO and UNICEF which has to be met in order to be recognized as The Baby Friendly facility; this include among others the following:

- Implementation of Ten Steps to successful Breastfeeding
- Offer Mother Friendly labour practices (related to Better Birth Initiative)
- Give mothers extensive support in terms of breastfeeding in the context of HIV
- Adhere to the International Code of Marketing of Breast-milk Substitutes

What are the Ten Steps to Successful Breastfeeding?

1. Have a written breastfeeding policy that is communicated to all health care staff
2. Train all health care staff in the skills necessary to implement this policy
3. Inform all pregnant women about the benefits and management of

breast-feeding

4. Help mothers to initiate breast-feeding within half and hour of birth.
5. Show mothers how to breast-feed, and how to maintain lactation even if they

7. Practice rooming in- allow mothers and infants to remain together 24hrs a day
8. Give no artificial teats or pacifiers (also called dummies and soothers) to breast-feeding infants
9. Encourage breast-feeding on demand (there should be NO scheduled feeding times when the baby is hungry)
10. Foster the establishment of breast-feeding support groups and refer mothers to them on discharge from hospital or clinic

- provides ideal nutrition to meet the infant's needs for growth and development
- protects against many infections, and may prevent some infants deaths
- is readily available and need no preparation

Mother breast-feeding is recommended because it:

- helps women to lose the fat deposited during pregnancy sooner



BREASTFEEDING: Human milk for human babies

How to offer Mother Friendly labour practices (related to Better Birth Initiative)?

- Have a labour companion, e.g. Husband

and thus prevents later obesity

- delays another pregnancy
- minimizes costs involved for baby formulas

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Editorial

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