

# BREASTFEEDING BEST PRACTICES

## A SUMMARY OF STATE-SPONSORED PROGRAMS

### IN HEALTHCARE SETTINGS

#### SUPPORTING THE PROVIDERS



**ONLINE EDUCATION AND TARGETED CURRICULA.**

**CONFERENCES TO SHARE KNOWLEDGE.**

**CHANGING POLICIES AND PRACTICES IN HOSPITALS TO SUPPORT WOMEN'S BREASTFEEDING EFFORTS.**

**MENTOR-MENTEE RELATIONSHIPS WITH HOSPITALS AND BIRTHING FACILITIES TO BECOME BABY-FRIENDLY.**



**PROMOTING EVIDENCE-BASED PRACTICES.**



**PROVIDING ONE-ON-ONE SUPPORT DURING BREASTFEEDING WITHIN HARD-TO-REACH POPULATIONS.**



**TAILORING MESSAGES FOR VARIOUS WOMEN AND THEIR FAMILIES.**

#### SUPPORTING PARENTS

### IN THE COMMUNITY

#### SUPPORTING PARENTS & COUNSELORS



**PEER SUPPORT PROGRAMS TO ASSIST MOTHERS.**



**OUTREACH TO LOW-INCOME FAMILIES BUILDING A NETWORK OF SUPPORT.**



**ASSESSMENT OF NEEDS FOR BREASTFEEDING SUPPORT IN HIGH-PRIORITY AREAS.**



**CHANGING SOCIAL NORMS TO BE MORE SUPPORTIVE OF BREASTFEEDING.**



### IN THE WORKPLACE

#### SUPPORTING THE EMPLOYER



**RECOGNITION PROGRAMS FOR EMPLOYERS WHO SUPPORT NURSING EMPLOYEES.**

**FINANCIAL ASSISTANCE FOR BUSINESSES TO BECOME BREASTFEEDING-FRIENDLY.**

**EMPLOYEE NEGOTIATIONS FOR BETTER LACTATION ACCOMMODATIONS.**

**TECHNICAL GUIDANCE ON BREASTFEEDING-FRIENDLY WORKPLACES.**

**FOR MORE INFORMATION, VISIT [WWW.ASTHO.ORG/MATERNAL-AND-CHILD-HEALTH/BREASTFEEDING](http://WWW.ASTHO.ORG/MATERNAL-AND-CHILD-HEALTH/BREASTFEEDING)**



THIS POSTER IS A SUMMARY OF THE STRATEGIES AND ACTIONS TAKEN BY 19 STATES IN ASTHO'S SUPPORTED LEARNING COMMUNITY ACTIVITIES PROGRAM.

THIS PROJECT IS SUPPORTED BY THE GRANT BUILDING STATE HEALTH DEPARTMENT CAPACITY FOR BREASTFEEDING PROMOTION AND SUPPORT, FUNDED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION.