

# To support bonding, development and breast-feeding we work according to the criteria B.E.St.<sup>®</sup>-Baby Friendly Hospital Initiative.

## Our B.E.St.<sup>®</sup>- guidelines are taking the 10 Steps for a Baby Friendly Hospital into account.

**Step 1:** We have written B.E.St.<sup>®</sup> guidelines (B.E.St.<sup>®</sup> = Bindung (Bonding), Entwicklung (Development), Stillen (Breastfeeding)), based on the "10 steps for a Baby-Friendly Hospital" and discuss this regularly with all staff members.

**Step 2:** All staff members are trained to accompany you and your child competently and sensitively in the bonding, development and support of breastfeeding.

**Step 3:** Early during your pregnancy you will be informed in the mid-wifery clinic or during a hospital stay on the importance and practice of bonding and supporting development, including breastfeeding information. If you have decided not to breastfeed, we will introduce you individually to bottle feeding.

**Step 4:** We enable you immediately after birth to have uninterrupted and continuous skin contact with your baby at least for an hour or until your baby was breastfed for the first time.

**Step 5:** Breastfeed your baby whenever it shows you that it would like to be fed and do this in a comfortable and relaxing position for both of you.

The early skin contact allows the baby controlled breastfeeding by his/her crawling, search and sucking reflex. In case of a separation from your child, we will be happy to show you how to empty your breast by hand / breast pump properly and to remain the milk production or to increase it.

**Step 6:** Your baby is exclusively breastfed. If a medical reason makes other ways of food intake necessary, we will discuss alternative feeding methods with you and teach you those.

**Step 7:** The 24-hour rooming-in enables you to have an intensive get-to-know, continuous on skin contact and an immediate addressing of your baby's breastfeeding signs and needs. So your child can show you when it wants to be breastfed. This stimulates milk production and eases breastfeeding.

**Step 8:** Breastfeed on demand. The breastfeeding frequency depends on your baby's demands and needs - it is about 8-12 times in 24 hours. The duration of feedings varies, if your breast feels uncomfortable, breastfeed your child or empty your breast by hand. When you are bottle feeding your baby also fed on demand, the bottle doesn't need to be emptied.

**Step 9:** Breastfeeding your baby will characterize his/her sucking behaviour. Depending on how strong it sucks, it receives breastmilk or can calm down by gently sucking on the breast. We don't offer your baby pacifiers, so it won't be irritated.

**Step 10:** After being released, we are still here for you. For additional support offerings, see the flyer "A good start in the parental leave" and the current brochure "Family Active". We are happy to individually inform you about current regional offerings.