



We're expanding!

Since 2012, High 5 for Mom & Baby has been connecting Kansas hospitals and birth centers to policies and practices that improve breastfeeding outcomes. Our current program offers five practices, and is expanding to offer an option with ten practices to ensure even greater success in preparing mom and baby for breastfeeding.

Ten Hospital Practices for Successful Breastfeeding

Hospitals following the first five practices earn High 5 for Mom & Baby recognition. Those which follow all ten practices earn the High 5 for Mom & Baby Premier recognition.



High 5 for Mom & Baby facilities practice 1-5

- 1 Assure immediate and sustained skin-to-skin contact between mother and baby after birth
- 2 Give newborn infants no food or drink other than breastmilk unless medically indicated
- 3 Practice "rooming in" -allow mothers and infants to remain together 24 hours a day
- 4 Give no pacifiers or artificial nipples to breastfeeding infants
- 5 Provide mothers options for breastfeeding support in the community (such as a telephone number, walk-in clinic information, support groups, etc.) upon discharge



High 5 for Mom & Baby facilities practice 1-10

- 6 Facility will have a written maternity care and infant feeding policy that addresses all ten High 5 for Mom & Baby practices supporting breastfeeding
- 7 Facility will maintain staff competency in lactation support
- 8 All pregnant women will receive information and instruction on breastfeeding
- 9 Families will be encouraged to feed their babies when the baby exhibits feeding cues, regardless of feeding methods
- 10 All families will receive individualized infant feeding counseling

The program will officially be announced April 10th, 2020 during the Kansas Breastfeeding Coalition meeting. For more information on the program, or to apply, visit www.High5Kansas.org.

For more information contact

Gwen Whittit, RN IBCLC, Program Coordinator, 316-648-5106, coordinator@High5Kansas.org

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