

Our “Baby Friendly” Commitment to You!



In 1997, Kaiser Foundation Hospital became the first Hawaii hospital to achieve “Baby Friendly” designation from the World Health Organization and UNICEF.

As a “Baby Friendly” hospital, we believe that breastfeeding is the healthiest way to feed your baby. We also recognize the important benefits that breastfeeding provides for both you and your baby. We will:

- provide you with the information needed to make informed choices,
- support your right to make informed choices about infant feeding, and
- help you start and continue to successfully feed your baby.

How we will help you

1. Your nurses and lactation consultants are **specially trained** to help you breastfeed your baby.
2. **During your pregnancy**, you will be able to individually discuss breastfeeding with your clinicians who will answer any questions you may have. Free prenatal breastfeeding classes are also available to you.
3. **Soon after birth**, you will have the opportunity to **hold your new baby against your skin** for at least an hour. This promotes bonding, breastfeeding, and helps to maintain your baby’s temperature, heart rate, and other vital signs.
4. Your nurses will be there to **support and help** you with breastfeeding. They will be available to help you put your baby to breast correctly and to help with feeding while in the hospital.
5. You will be encouraged to feed your baby **whenever s/he seems to be hungry**.
6. Most babies need only **breast milk for the first six months**. If you believe that your baby needs other types of feedings, please let your nurse or baby doctor know.
7. We strive to keep your baby with you at all times while you are at the hospital. If a medical procedure is necessary, you may be allowed to accompany your baby.
8. You will be shown how to **express** your breast milk, and we’ll provide you with information to use at home.
9. **Before you leave the hospital**, you will be given a list of **resources** that can provide extra breastfeeding help and support when you are at home. Our Lactation Clinic staff, located at the Mapunapuna Clinic, provides the support and information you need for long- term breastfeeding success.
10. **We recommend that you avoid** using bottles, artificial nipples and pacifiers while your baby is learning to breastfeed. This can change the way your baby sucks, and cause it to be more difficult for your baby to breastfeed successfully.

This is your guide to our breastfeeding policy. Please ask a staff member if you wish to see the full policy. Kaiser Foundation Hospital purchases all formulas and supplies at fair market price and does not accept gifts, materials, or support in any form from manufacturers of formulas, bottles, nipples, or pacifiers.

This information was provided as a courtesy of and adapted in part from UNICEF at www.unicef.org.uk