



The Keystone 10 Initiative

Step 6: Give newborns no food or drink other than breastmilk, unless medically indicated.

The goal of step six is to ensure infants identified as being breastfed are fed only breastmilk during the entire hospital stay. Extensive research has shown breastfeeding provides optimal infant nutrition and, unless medically indicated, no food or drink other than breastmilk is required for the first six months of life. The success of exclusive breastfeeding and avoiding supplementation is interdependent with the success of most of the other steps outlined in this program. If the other steps are not fully and successfully implemented, there is a much greater likelihood that inappropriate supplementation will occur.

Inappropriate supplementation can impact a mother's confidence in her body's ability to meet her infant's nutritional needs and misleads families with inaccurate information about their infant's needs. Families should be assured that effective breastfeeding leads to sufficient milk production and that infant stomach capacity is very small. Staff that are relying on previous misinformation or incomplete topic knowledge may be less confident and/or hesitant to fully support breastfeeding families. The facility should provide focused staff trainings on breastfeeding-specific issues such as lactation physiology, ways to support breastfeeding in the first 24 hours, and understanding the proper use of supplemental feedings. Effective staff training on the adequacy and sufficiency of exclusive breastfeeding can reduce staff reliance on inappropriate supplementation.

If staff encounter a family that wishes to provide supplementation or who have already made a fully informed decision not to provide breastmilk, the staff should offer to discuss breastfeeding with the family to ensure the family has correct information to make a fully informed decision. Parents who request supplementation should be made aware of the risks of formula-feeding and the impact that supplementation may have on subsequent breastfeeding. The ultimate decision is the family's and should be respected, supported, and documented. All infants identified as receiving "breastmilk only" should continue to be exclusively fed breastmilk until discharge. For the purposes of Keystone 10, documentation should prove (in the four months prior to submission of the application) that **80%** of infants identified as receiving "breastmilk only" continue to be exclusively fed breastmilk until discharge.

The Keystone 10 Toolkit provides step six implementation strategies and suggestions for overcoming barriers on pages 92 - 98. Tab 11 in the toolkit, Resources for Each Step, provides resources for implementation and a facility impact worksheet for step six.

For completion of this step, the facility should ensure:

- Only breastmilk is given to infants designated as "breastmilk only" unless there is a documented medical contraindication
- Staff receive education regarding the proper use of supplemental feedings
- Families requesting supplementation are provided information related to the potential risks of supplemental feeding
- Family decisions not to breastfeed are documented.



The Keystone 10 Initiative

Application Form for Step 6:

**Give newborns no food or drink other than breastmilk,
unless medically indicated.**

Birth facility name: _____

Address: _____

City, Zip: _____

Name of the person completing this application: _____

Position: _____

Email Address: _____

Telephone Number: _____

Validation of completion of Step 6

6.1 What percentage of infants identified at birth as receiving “breastmilk only” continue to be exclusively fed breastmilk until discharge?

a. Provide your facility’s percentage here:

b. What was the percentage based on?

Chart review

Other (please specify in the box below):



The Keystone 10 Initiative

6.2 In the box below, describe the facility's system for ensuring "breastmilk only" infants receive only breastmilk.

6.3 In the box below, describe the how staff address families who indicate they are not breastfeeding.



The Keystone 10 Initiative

6.4 In the box below, describe the education provided to parents of breastfed infants who request supplemental feedings for their infant.

**Thank you for completing this application.
Please refer to the application instructions page for submission guidance.**