

# Step 4: Help mothers initiate breastfeeding within one hour of birth.

Fairview Range Medical Center

Hibbing, Minnesota

Riana Damjanovich, RN, BAN, IBCLC, RLC

Sue Oberhelman, RN, PCF

Babies are placed skin-to-skin with mother's immediately after birth unless contraindicated (i.e., unstable mother or baby, HIV positive status) and remain there **uninterrupted** for at least 60 minutes or until the first feeding is completed.

# Excerpts from the Infant Feeding Policy for the Healthy Late Preterm and Full- Term Infant—FLH, FNH, UMCH, Range

1. Skin-to-skin contact involves placing the naked baby prone on the mother's bare chest. Start and end times of skin to skin are documented in the medical record.
2. Mother infant dyads will be given the opportunity and offered staff assistance to initiate breastfeeding within 1 hour of birth.
3. Post-cesarean birth babies will be placed skin to skin and allowed an opportunity to breastfeed as soon as mother is able to appropriately respond.
4. All mothers who are separated from their infants (for example, who are transferred to NICU) will be educated on the importance of skin to skin care.
5. When medical contraindication is resolved, baby will be placed skin to skin.
6. Routine newborn assessment procedures will be performed while the infant is skin to skin.
7. Routine newborn cares, such as the administration of vitamin K and prophylactic antibiotics should be delayed for the first 60 minutes after birth to allow uninterrupted mother infant contact and breastfeeding.

# The Golden Hour

- The Golden Hour(s)
  - Prenatal education (clinic, prenatal classes)
  - On admission (handouts, discussion, letter to parents)
  - Waiting room/LDRP door signage
- Vaginal Birth and Cesarean Birth
  - Roadblocks, changes implemented
  - Goals

- All babies should be placed skin-to-skin immediately, *regardless of their feeding choice*, as it increases mother-infant bonding and assists with infant thermoregulation.
  - Education provided by nursing staff on admission.
- If mom is unavailable, fathers or support persons can also place baby skin-to-skin.
  - Promotion and education, especially for our cesarean births at this time.