

6 for ME: Maine Takes 6 Steps to Improve Breastfeeding

The **6 for ME** initiative is providing support to Maine healthcare professionals and birth hospitals to adopt six of the evidence based ["The Ten Steps to Successful Breastfeeding"](#). Breastfeeding outcomes are dose dependent on the number of steps a hospital implements. Implementing at least six of the ten steps has the greatest impact on breastfeeding outcomes short of implementing all ten steps. The long-term goal of **6 for ME** is to increase breastfeeding duration and exclusivity in Maine.

The 6 Steps

1. Have an evidence-based written breastfeeding policy that is communicated to all healthcare staff.
2. Train all healthcare (maternity and labor and delivery) staff in skills necessary to assist mothers and babies to breastfeed and to implement the breastfeeding policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Give infants only breastmilk, unless medically indicated.
5. Practice 24-hour "rooming in" to allow mothers and infants unlimited access to each other.
6. Foster the establishment of breastfeeding support groups and refer mothers to them at discharge.

**See below for resources for implementing the six steps.*

6 for ME Webinar Series

Created for Maine healthcare professionals caring for mothers and babies.

- [The Epidemiological Evidence for the Benefits of Exclusive Breastfeeding](#)- Presented by Alison Holmes, MD in August, 2014
- [Why Provider Ed Matters & 10 Steps Impact on Breastfeeding Success](#) Presented by Bonny Whalen, MD in September, 2014
- [Prenatal Education - Finding Strategies that Work](#) - Presented by Bonny Whalen, MD in October, 2014
- [Maine & NH's Breastfeeding Efforts 2013-2014](#) - Presented by Bonnie Whalen, MD in December, 2014

*Resources for Implementing the 6 Steps

General Resources

- [Texas Ten Step Star Achiever Program](#) This website is rich with tools for implementing each of the six steps. Check out the Texas Ten Step Star Achiever Program and Toolkit.
- [Texas Ten Step YouTube Video Series](#) A series of five minute videos providing an overview of each step.
- [NICHQ Breastfeeding Resources](#) National Institute For Children's Health Quality shares resources for working with hospitals, birthing facilities and communities to increase support for mothers who choose to breastfeed.
- [Baby Friendly USA Guidelines and Evaluation Criteria](#) The guidelines represent the standard of care that facilities should strive to achieve for all patients for each of the Ten Steps to Successful

Breastfeeding. The evaluation criteria represent the minimum standard that a facility must achieve in order to become Baby-Friendly designated.

Step Specific Resources for the 6 for ME Steps

1. Step 1: Have an evidence-based written breastfeeding policy that is communicated to all healthcare staff.

- [Developing a Comprehensive Breastfeeding Policy, J Kelly, 6.1.16](#)
- [ABM Model Breastfeeding Policy](#)
- [AAP Sample Hospital Breastfeeding Policy for Newborns](#)
- [New York State Model Breastfeeding Policy](#)
- [California Breastfeeding Model Hospital Policy Recommendations On-Line Toolkit](#)
- [Summary: International Code of Marketing Breastmilk Substitutes](#)
- [International Code of Marketing Breastmilk Substitutes](#)
- [Texas Ten Step Star Achiever Program](#)

2. Step 2: Train all healthcare staff in skills necessary to assist mothers and babies to breastfeed and to implement the breastfeeding policy.

- [Maryland's Maternity and Physician Provider Webinars](#) The Maryland Hospital Breastfeeding Policy Committee coordinated a free 15 hour didactic module for maternity nurses and a free six-lecture series of free webinars for providers that meets the requirement for Step 2 of the Ten Steps to Successful Breastfeeding and the Baby Friendly Hospital Initiative. Cost: Free
- [New Hampshire's Ten Steps to Successful Breastfeeding Online Curriculum](#) One year license is available for \$250 and may be accessed by as many staff as needed to complete the 15 hours of the World Health Organization (WHO) recommended breastfeeding curriculum.
- [Texas Ten Step Star Achiever Program](#)
- [Expanding Clinicians' Roles in Breastfeeding Support](#) This 1.5 hour tutorial in combination with the 1.5 hour tutorial below provide 3 hours of breastfeeding education that is aligned with the content expected for physicians providing care in facilities implementing the Ten Steps to Successful Breastfeeding or are designated as Baby-Friendly facilities. Continuing Medical Education (CME) Online Tutorial (CME#1) 1.5 CME Cost: Free
- [Expanding Clinicians' Roles in Breastfeeding Support: Focus on Maternal & Infant Care Prenatally and During Hospital Stay](#) This 1.5 hour tutorial in combination with the 1.5 hour tutorial above provide 3 hours of breastfeeding education that is aligned with the content expected for physicians providing care in facilities implementing the Ten Steps to Successful Breastfeeding or are designated as Baby-Friendly facilities. Continuing Medical Education (CME) Online Tutorial (CME#2) 1.5 CME Cost: Free
- [American Academy of Pediatrics Section on Breastfeeding List of Educational Courses and Materials](#) A list of breastfeeding educational courses for providers, some offer CMEs, some are free and many are available on line.

3. Step 3: Inform all pregnant women about the benefits and management of breastfeeding.

- [Breastfeeding Education Resources](#)
- [Texas Ten Step Star Achiever Program](#)

4. Step 6: Give infants only breastmilk, unless medically indicated.

- [Acceptable Medical Reasons for Breastmilk Substitutes](#) WHO, 2009
- [Texas Ten Step Star Achiever Program](#)

5. Step 7: Practice 24-hour “rooming in” to allow mothers and infants unlimited access to each other.

- [Sample rooming-in information sheet](#)
- [Texas Ten Step Star Achiever Program](#)

6. Step 10: Foster the establishment of breastfeeding support groups and refer mothers to them at discharge from the hospital.

- [Maine WIC Nutrition Program](#)
- [Texas Ten Step Star Achiever Program](#)