

association. In addition to the physiologic qualities of human milk, the most outstanding psychological benefit of breastfeeding is the close mother–child relationship. The infant is nestled close to the mother's skin, can hear the rhythm of her heartbeat, can feel the warmth of her body, and has a sense of peaceful security. The mother has a close feeling of union with her child and feels a sense of accomplishment and satisfaction as the infant sucks milk from her.

Box 7-5

Ten Steps to Successful Breastfeeding

Every facility providing maternity services and care for newborn infants should:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within $\frac{1}{2}$ hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation even if they should be separated from their infants.
6. Give newborn infants no food or drink other than breast milk unless medically indicated.
7. Practice rooming-in—allowing mothers and infants to remain together—24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no artificial teats or pacifiers (also called *dummies* or *soothers*) to breastfeeding infants.