



What can I expect from a High 5 for Mom & Baby Hospital?

A Kansas hospital that has earned the *High 5 for Mom & Baby* designation has doctors and nurses who have received additional education and practice using the latest research as a guide to support breastfeeding. Your baby will get the best start in life.

The following are the five steps they follow to be a *High 5 Hospital* for a healthy stable baby:

1. Immediate and sustained skin-to-skin contact between mother and baby after birth.

The first hour after your baby is born is like a golden hour. Skin-to-skin contact can help keep your baby's temperature and breathing normal. **The staff at the hospital will assist you in keeping the baby on your chest and will be doing the vital signs and assessment there until the baby is about one hour old.**

Most babies will try to eat during this awake time right after birth and having them skin-to-skin, will provide the perfect environment for a good feeding. If you have a Cesarean birth, you can still have your baby skin-to-skin. Weights, measurements and procedures will be done after that important time. Keeping visitors to a minimum and your baby skin-to-skin will usually help feedings go easier in that first week of life.

2. Babies will not get any food or drink other than breast milk, unless medically indicated.

Your baby will thrive on your milk and will not need any other food besides your milk. Giving your baby only your breast milk will help their intestine stay healthy and reduce allergies in the future. Breast milk comes in very small amounts to match the small size of your baby's stomach. Your baby will want to eat frequently, so plan on feedings every 1 to 3 hours. If there is a medical problem, the staff will help you supplement your baby.

3. Your baby will "room in" with you during your entire hospital stay.

Your baby will stay with you the whole time you are in the hospital. You need to learn your baby's routine so you will do well when you arrive home with them. If you feel you need extra sleep or help, ask a trusted helper to stay with you to take care of the baby. All of the exams and most of the tests your baby needs will be done in your room.

4. No pacifiers or artificial nipples will be given to breastfeeding babies.

Breastfed babies will not be routinely given pacifiers. If your baby needs to suck, he or she is probably hungry, put your baby to the breast. After breastfeeding is well established, if you choose to do so, you may begin to use a pacifier. If your baby needs additional feeding, the staff will help you give that feeding without artificial nipples and teach you how to feed the baby at home.

5. You will be given the contacts for breastfeeding support in your community.

You can expect to receive information on where breastfeeding support is available in your community before you leave the hospital. This might be a breastfeeding clinic, La Leche League group, Health Department, or a mom-to-mom support group. You will most likely have questions once you get home. Get the correct answers by calling, emailing or checking online with these trusted resources. Don't hesitate to ask those questions. Everyone has to learn.

*There may be changes to this plan if you or baby have medical problems or if you have a personal desire to do something different.

Best practices. Best health outcomes. Best for mom and baby.