



Give Me Five Steps

1. Inform all expectant mothers about the benefits and management of breastfeeding.
2. Place babies in skin-to-skin contact with their mothers immediately following birth for at least an hour.
3. Show mothers how to breastfeed or how to maintain lactation if they are separated from their infant(s).
4. Encourage breastfeeding on demand by promoting rooming-in, encourage mothers to recognize when their babies are ready to breastfeed.
5. Foster the establishment of a breastfeeding support network and refer mothers upon discharge from the hospital or clinic.



The spirit of a city that fosters support for breastfeeding.