

STANDARD OPERATING PROCEDURE FOR THE EARLY INITIATION POST DELIVERY

1. The health care provider's role in initiating breastfeeding:
 - a. Provide time and a calm atmosphere.
 - b. Ensure safety of mother and infant.
 - c. Help the mother to find a comfortable position.
 - d. Point out pre-feeding behaviours of the baby such as alertness and rooting.
 - e. Build the mother's confidence.
 - f. Avoid rushing the baby to the breast or pushing the breast into the baby's mouth.

How to assist to initiate breastfeeding after a normal vaginal delivery:

2. When the baby is on the mother's chest with skin-to-skin contact the smell of the breast will encourage the baby to move towards the nipple. Do not rush the baby.
3. Help a mother to recognise the baby's feeding cues (pre-feeding behaviours)
4. There should be no pressure on the mother or baby regarding how soon the first feed takes place, how long a first feed lasts or how well the baby appears to be feeding.
5. Explain only the very basic principles of breastfeeding to the mother. Further assistance with breastfeeding can be provided at the next feed.
6. Support the mother, do not take over and handle the baby.
7. Coach the mother with information, rather than holding and positioning the baby for her.

How to assist to initiate breastfeeding after a caesarean section delivery:

8. If the condition of the infant and mother is stable, keep the infant in skin-to-skin contact with the mother.
9. Mother and infant should stay together in recovery room.
10. Observations of mother and baby can be done with the baby in skin-to-skin contact on mother.
11. Assist with initiating breastfeeding when the baby and mother show signs of readiness.
12. Help Caesarean mothers find a comfortable position for breastfeeding.
13. Mothers who have undergone caesarean sections may find the side lying position or the rugby hold with pillows more comfortable.
14. Provide rooming-in with assistance.