

## Key Policies/Guide lines



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- National Food and Nutrition Policy
- National Nutrition Action Plan – 2018 - 2022

## Health Sector Nutrition Policies and Protocols



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- Maternal Infant & Young Child Feeding Policy Guidelines
- Ten steps of the BFHI to support breastfeeding in maternity services
- Code of marketing of BM substitutes (BMS Act)
- Micronutrient supplementation protocols



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# **Maternal Infant & Young Child Feeding Policy Guidelines**

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## National Policy on Maternal Infant and Young Child Feeding Practices

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1. Adhere to national policy –  
Communicated to all health care staff
2. Train staff in skills necessary to  
implement policy
3. Provide information to all pregnant and  
lactating mothers and their partners on  
benefits and management of

## Cont..

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4. Assist mother initiate BF within 30 min
  5. Give new borns no food or drink unless medically indicated. Prelacteal feeds.
  6. Show mothers how to breastfeed and maintain lactation even if separated from infants.
  7. Practice rooming in = 24 hr access
  8. Encourage BF on demand
  9. Encourage and promote EBF

## Cont..

10. Provide information and demonstrate how to prepare nutritious foods from 6 mon
11. Encourage mothers to BF for at least 24 mons
12. Foster establishment of mother support groups and refer moms
13. Not accept free samples and supplies of BM substitutes
14. Not allow publicity by manufacturers of BM substitutes
15. Not give any feeds using bottles or teats





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## **Ten steps of the BFHI to support breastfeeding in maternity services**



## Specific objectives

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To transform hospitals and maternity facilities into baby friendly institutions by:

- Implementing the 10 steps to successful breastfeeding according to the global BFHI assessment criteria.
- End free and low cost distribution of breastmilk substitutes





## Global criteria - 10 steps

### Steps 1 & 2

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**Step 1:** Have a written breastfeeding policy that is routinely communicated to all health care staff

**Step 2:** Train all health care staff in skills necessary to implement the policy – HW in contact with babies – 80%. Support to non BF mothers.



## Step 3

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- Inform all pregnant women about the benefits and management of breastfeeding
- **Content??** Importance of BF, Early initiation, BF on demand, Attachment and positioning, EBF and continued BF for 2 yrs and beyond.
- Target: 70% 3<sup>rd</sup> trimester 2 ANC visits counselled and can explain what was discussed



## Step 4 & 5

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- Help mothers initiate breastfeeding within half hour of birth
- Show mothers how to breastfeed and how to maintain lactation even if separated from their babies – Includes preparation of feeds for replacement feeding



## Step 6

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- Give newborn infants no food or drink other than BM unless medically indicated
- No BM substitutes/materials distributed to mothers
- Target: 75% babies delivered EBF
- 80% choosing not to BF counselled on IF options and assisted to make choice



## Step 7

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- Practice rooming Mothers and babies 24 hours together
- **Targets:** 80% mothers in postnatal wards rooming in or with justifiable reasons for not rooming in



## Step 8

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- Encourage breastfeeding on demand
- **Target:** 80% shown how to recognise when babies hungry





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## Step 9

- Give no artificial teats or pacifiers

**Target:** 80% mothers on postpartum wards not using bottles/pacifiers



## Step 10

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Foster establishment of breastfeeding support groups and refer mothers to them upon discharge

### **Target:**

Facility fosters establishment of mother support groups

Printed information given to mothers upon discharge



## Revitalisation of BFHI - Strategies

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**Triple A: Approach - Assess, Analyse, Act**  
**How?**

**Assess status** – Self assessment (Certificate of commitment)

**Analyse gaps** - steps not implemented

**Action Plan** to address gaps and targets



## Strategies cont...

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- Sensitization of CHMTs
- Capacity building of HW
- Ensure IYCF Promoted antenatally



## **BFHI Designation Process**

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- External hospital assessment – Standard tool/Protocol
- Certification
- On-going reassessment of status





## **BFHI not an end in itself!**

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- Proportion of women BF exclusively from birth to discharge serves as a proxy indicator on extent to which BF is supported promoted and protected in a facility.
- Annual targets should show 75% of women delivering in a facility BFed exclusively from birth to discharge.





**Code for Marketing of BM Substitutes &  
the Kenyan Breast Milk Substitutes Act  
2012**