



**Keystone
10**

A Breastfeeding Quality Improvement Initiative for Pennsylvania Birthing Hospitals and Centers

The Keystone 10 is a breastfeeding quality improvement program from the Pennsylvania Department of Health. Knowing that breastfeeding protects the health of mothers and babies, UPMC is adopting the Keystone 10 program in all of its birthing hospitals to improve the protection, promotion, and support of breastfeeding. These ten steps have shown success in promoting breastfeeding through effective breastfeeding policy, working to improve care, and supporting families in making informed feeding decisions. Please ask your nurse or health care provider for more information about how UPMC is supporting breastfeeding, or read more at www.health.state.pa.us/breastfeeding.

Adapted from Ten Steps to Successful Breastfeeding from UNICEF and The World Health Organization.

1
Have a written
breastfeeding
policy.

2
Train all staff
in needed
breastfeeding
skills.

3
Inform pregnant
women about
breastfeeding.

4
Help mothers
breastfeed
within an hour
after birth.

5
Show mothers
how to breastfeed
and maintain
lactation.

6
Give babies no food
or drink other than
breastmilk unless
medically indicated.

7
Keep mothers and
their babies in the
same room.

8
Encourage
breastfeeding
on demand.

9
Do not use
pacifier or
artificial nipples.

10
Encourage going
to breastfeeding
support groups.

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