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WHO/UNICEF Baby-Friendly Hospital Initiative Ten Steps

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within half an hour of birth.
5. Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants.
6. Give newborn infants no food or drink other than breast milk, unless medically indicated.
7. Practice rooming-in--that is, allow mothers and infants to remain together--24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

English-Inspired Lullaby Shares BFHI Ten Steps

See music video here: <https://goo.gl/ZdakvC>

Every baby who's born makes a mother's heart warm.
Born in a circle of caring, right from the start,
Babies win our heart.

In the first hour I get (Step 4)
What my mum knows is best. (Step 3)
Sleeping by mother's hand, (Step 7)
I eat whenever I can. (Step 8)

Every baby who's born makes a father's heart warm.
Born in a circle of caring, right from the start,
Babies win our heart.

Thriving with Father's help,
I get just Mother's milk. (Steps 6, 9)
If Mum must be away
Her milk's here night and day. (Step 5)

Every baby who's born makes a family's heart warm.
Born in a circle of caring, right from the start,
Babies win our heart.

Mothers meet frequently (Step 10)
With babies a lot like me.
Everyone needs to share (Step 2)
All the best ways to care. (Step 1)

Every baby who's born makes a neighbor's heart warm.
Born in a circle of caring, right from the start,
Babies win our heart.

Babies win our heart.

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