

Section 1.2: Annex 1
Applying the Ten Steps
in facilities settings with high HIV prevalence¹⁴

The “Ten Steps” for Successful Breastfeeding	Guidance on applying the “Ten Steps” in facilities with high HIV prevalence
Step 1: Have a written policy on breastfeeding that is routinely communicated to all health care staff.	Expand the policy to focus on infant feeding, including guidance on the provision of support for HIV positive mothers and their infants.
Step 2: Train all health care staff in skills necessary to implement this policy.	Ensure that the training includes information on infant feeding options for HIV-positive women and how to support them.
Step 3: Inform all pregnant women about the benefits and management of breastfeeding.	Where voluntary testing and counselling for HIV and PTMCT is available, counsel all pregnant women on the benefits of knowing their HIV status so that, if they are positive, they can make informed decisions about infant feeding, considering the risks and benefits of various options. Counsel HIV-positive mothers on the various feeding options available to them and how to select options that are acceptable, feasible, affordable, sustainable and safe. Promote breastfeeding for women who are HIV negative or of unknown status.
Step 4: Help mothers initiate breastfeeding within a half-hour of birth.	Place all babies in skin-to-skin contact with their mothers immediately following birth for at least an hour. Encourage mothers who have chosen to breastfeed to recognize when their babies are ready to breastfeed, offering help if needed. Offer mothers who are HIV positive and have chosen not to breastfeed help in keeping their infants from accessing their breasts.
Step 5: Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants.	Show mothers who have chosen to replacement feed how to prepare and give other feeds, as well as how to maintain optimal feeding practices and dry up their breast milk while maintaining breast health.

¹⁴ The application of the Steps for facilities with high HIV prevalence provided in this handout has been developed to provide additional guidance for health care managers and staff working in these settings. Guidance has been prepared, taking account of the: *Report of a meeting on BFHI in the context of HIV/AIDS, Gaborone, June 2nd – 4th 2003*, sample infant feeding policies for settings with high HIV prevalence, and the Consensus Statement for the WHO HIV and Infant Feeding Technical Consultation, Geneva, October 25-27, 2006.