

and the GIMS was an important addition to WABA's advocacy work. Conversely, this WBW 2002 theme also promoted the Global Initiative for Mother Support (GIMS) as one way to strengthen support for mothers well before the breastfeeding period.

The BFHI *10 Steps* stood as the model for the WABA Global Forum II participants to develop a similar *10 steps for the MotherBaby-Friendly Initiative*. This became a cooperative endeavour between the Coalition for Maternity Services (CIMS) and WABA. Eventually, these steps were further developed in September 2006 as follows:

### 10 Steps of the International Mother/Baby-Friendly Initiative (MBFI)

A Mother/Baby-Friendly maternity service has written policies, implemented in education and practice, requiring that its healthcare providers do the following:

- Step 1 Treat every woman with respect and dignity;
- Step 2 Possess and utilise midwifery knowledge and skills;
- Step 3 Inform the mother of the benefits of continuous support during labour and birth;
- Step 4 Provide non-drug comfort and pain relief measures for labour;
- Step 5 Provide specific evidence-based practices proven to be beneficial;
- Step 6 Avoid potentially harmful procedures and practices that are scientifically unsupported;
- Step 7 Collaborate in mutual respect with other healthcare providers and relevant organisations;
- Step 8 Implement measures that enhance wellness;
- Step 9 Provide access to evidence-based skilled emergency treatment;
- Step 10 Implement the BFHI *10 Steps to Successful Breastfeeding*.



The following two contributions share how important it is to bring the two related issues of birthing and breastfeeding together in the lives of women, and how young women in particular can benefit even before becoming mothers themselves. The health and psychological well-being of women are central in the promotion of optimal breastfeeding.

*The first RUMBA 'Guatemala Youth Workshop on Breastfeeding and Humanized Childbirth' was held on December 9, 2006 in Guatemala City. As a representative of WABA and CIMS, I was honoured to present the current draft of the International Mother/Baby Childbirth Initiative. There was an excellent*