

B.E.St.[®]

Ten Steps for a Baby Friendly Maternity Clinic

The B.E.St.[®] criteria (B.E.St.[®] = Bindung (Bonding), Entwicklung (Development), Stillen (Breastfeeding)) are based on the current state of scientific knowledge and on international agreements and specifications of WHO and UNICEF. Used together, they enable effective promotion of bonding, development and breastfeeding. The B.E.St.[®] criteria are the basis of the certification for the „baby friendly“ facility or establishment of obstetrics and paediatrics. Baby friendly clinics support breastfeeding because it promotes bonding. Women who feed their child with a bottle are individually introduced to bonding-promoting bottle feeding.

First Step

Having the written B.E.St.[®] guidelines based upon the „Ten Steps for a Baby Friendly Maternity Clinic for the Implementation of the B.E.St.[®] Criteria“, which are regularly discussed with all employees.

Second Step

Training of all employees that they possess the knowledge and abilities necessary for the implementation of the B.E.St.[®] guidelines.

Third Step

Informing all pregnant women of the importance and practice of promoting bonding and development, incorporating breastfeeding as an integral part of this promotion.

Forth Step

Enabling mothers to have uninterrupted skin-contact with their baby after its birth, for at least one hour or until the baby has been breastfed for the first time.

Fifth Step

Demonstrating correct breastfeeding methods to the mothers and explaining to them how to maintain their milk production, even if they are separated from their child.

Sixth Step

Not giving newborn babies either liquids or other nourishment in addition to the mother's milk, unless there is a medical indication.

Seventh Step

Practicing 24-hour rooming-in - mother and child stay together day and night.

Eighth Step

Encouraging breastfeeding/feeding on demand.

Ninth Step

Not giving breastfed children any artificial pacifiers, feeding-bottle teats or nipples.

Tenth Step

Referring the mothers to breastfeeding groups and other mother-child groups and promoting the creation of breastfeeding groups.