



High 5 for Mom & Baby Renewal Form

Kansas Hospitals and Birth Centers: This form is a “paper” equivalent of the online form to apply for renewal of recognition as a *High 5 for Mom & Baby* or *High 5 for Mom & Baby Premier* facility. You may find it handy for gathering the information to enter into the online form. If you have questions about High 5 for Mom & Baby or the renewal process, please contact High 5 for Mom & Baby program coordinator Cara Gerhardt coordinator@high5kansas.org. Thank you for your commitment to helping ensure successful breastfeeding for Mom & Baby!

Date: _____

Hospital name: _____

Your name: _____

Your email: _____

Number of deliveries last year at your facility: _____

The following Hospital Self-Assessment question relate to the High 5 for Mom & Baby practices. High 5 for Mom & Baby Premier facilities should answer questions relating to **all ten High 5 for Mom & Baby practices**; **High 5 for Mom & Baby** facilities should answer questions relating to the five or more practices being followed. If your facility is following all ten practices, you will receive **High 5 for Mom & Baby Premier** recognition upon renewal.

The High 5 for Mom & Baby Practices:

1. Facility will have a written maternity care and infant feeding policy addressing the High 5 for Mom & Baby practices supporting breastfeeding
2. Facility will maintain staff competency in lactation support
3. All pregnant women will receive information and instruction on breastfeeding
4. Assure immediate and sustained skin-to-skin contact between mother and baby after birth
5. All families will receive individualized infant feeding counseling
6. Give newborn infants no food or drink other than breastmilk unless medically indicated
7. Practice "rooming in" - allow mothers and infants to remain together 24 hours a day
8. Families will be encouraged to feed their babies when the baby exhibits feeding cues, regardless of feeding methods
9. Give no pacifiers or artificial nipples to breastfeeding infants
10. Provide mothers options for breastfeeding support in the community (such as a telephone number, walk-in clinic information, support groups, etc.) upon discharge



Hospital Self-Assessment

Practice 1: Facility will have a written maternity care and infant feeding policy addressing the High 5 for Mom & Baby practices supporting breastfeeding.

Does policy support all 10 High 5 for Mom & Baby Practices? Yes ___ No ___

Comments: _____

Reminder: when completing online form, please upload relevant policy/policies

Does policy prohibit the promotion of infant formula within the facility including but not limited to, providing free samples, coupons or using teaching materials from formula manufacturers, for all families? Yes ___ No ___

ALL staff responsible for maternity care, including but not limited to physician, PA, nurse practitioner, nurse, CAN, LPN, dietary, housekeeping, photography, pharmacy and radiology have reviewed the Maternity Care and Infant Feeding policies and are familiar with their content.

- ___ Always (100%)
- ___ Most of the time (80-99%)
- ___ More than half of the time (60-79%)
- ___ Some of the time (40-59%)
- ___ Seldom (20-39%)
- ___ Never (0%)

Do all policies from all departments in the facility support the Maternity Care and Infant Feeding policies?

Yes ___ No ___

Name of person responsible for reviewing maternity care and other department policy: _____

Date policy last reviewed: _____



Practice 2: Facility will maintain staff competency in lactation support.

What percentage of maternity care staff completed 10 or more of the 15 Kansas Breastfeeding education modules on the KS Train platform, OR have completed comparable staff education.

- 100%
- 80-99%
- 60-79%
- 40-59%
- 20-39%
- 0%

If your hospital did not use the KS Train education platform, which program did you use?

Have all new staff completed lactation education within 6 months of hire?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

Does the facility employ at least one person with advanced lactation education (IBCLC, CLC or similar) as part of the staff working directly with families?

Yes ___ No ___

If yes, please list those staff names and certifications (IBCLC, CLC, other) here:

Has at least one person from the facility listened to/participated in 2 or more High 5 for Mom & Baby webinars in the last 12 months?

Yes ___ No ___

Name of webinars attended this year. See all webinars at <https://high5kansas.org/webinars>

Participant name: _____ **Webinar title or date:** _____

Participant name: _____ **Webinar title or date:** _____



Practice 3: All pregnant women will receive information and instruction on breastfeeding.

Have families received culturally appropriate information and resources about breastfeeding prior to arrival, through their Health Care Provider (HCP), local health department, WIC clinic or local community-based organization?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

Can the facility demonstrate that they are in collaboration with local breastfeeding coalitions or other groups in their community supporting breastfeeding families through meeting attendance or in-kind support?

Yes ___ No ___

Please explain:

Facility supports their breastfeeding employees by providing reasonable break time and a private, safe, free from intrusion place to express milk close to their workplace. (NOT a bathroom)

Yes ___ No ___

Please explain:



Practice 4: Assure immediate and sustained skin-to-skin contact between mother and baby after birth.

Are babies placed skin to skin immediately after vaginal delivery if medically stable?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

Are babies placed skin to skin as soon as both mom and baby are medically stable after a C-section delivery?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

Are babies allowed to breastfeed before any interventions are performed, such as measurements, bath, glucose sticks, footprints and eye treatment?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

If mother and baby are separated after birth due to a medical condition, is the baby placed skin to skin as soon as possible after they are stable?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

In all of the above circumstances, once the baby is placed in skin-to-skin contact, does the baby remain there continuously until after the first feeding?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)



Practice 5: All families will receive individualized infant feeding counseling.

Breastfeeding families receive culturally sensitive instruction on feeding, including but not limited to hunger cues, satiety cues, positioning and latch, and how to tell if baby is getting enough to eat. Parents' questions will be answered by trained staff.

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

Formula feeding families receive culturally sensitive verbal AND written instructions on proper formula preparation according to the Centers for Disease Control guidelines.

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)



Practice 6: Give newborn infants no food or drink other than breast milk, unless medically indicated.

Are breastfed babies given only breast milk unless ordered for a medical condition?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

When supplement is needed, is it given by an alternative feeding method not requiring an artificial nipple?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

Are parents taught how to use alternative feeding methods?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

When supplement is necessary for a medical condition, are parents instructed on hand expression or other forms of milk expression?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)



Practice 7: Practice “rooming in” – allow mothers and infants to remain together 24 hours a day.

Is education regarding the benefits of rooming in provided to all mothers?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

Do babies stay in the room with mom 23/24 hours per day?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

Is routing infant care done in the room with mother by all staff, including but not limited to, nurses, doctors and other health care providers?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

Are parents educated that nighttime feeding is a normal healthy pattern?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

If mother chooses not to do nighttime feedings, is she educated about the impact on milk production such as low supply or engorgement and provided with instruction on milk expression including hand expression?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)



Practice 8: Families will be encouraged to feed their babies when the baby exhibits feeding cues regardless of feeding method.

Babies have documented 8 or more feeds/attempted feeds every 24 hours when baby exhibits feeding cues. There will not be restrictions on feeding length or frequency.

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

All families, regardless of feeding method, have documented teaching of feeding.

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

All mothers who plan to breastfeed are taught hand expression.

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

Mothers who are separated from their infants are assisted and educated to express their milk 8 or more times per 24 hours. Expression should begin at by one hour but no later than 6 hours after birth.

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)



Practice 9: Give no pacifiers or artificial nipples to breastfeeding infants.

Are babies cared for without using a pacifier in the facility?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

If a pacifier is needed for a painful procedure, is it discarded or removed from parental view such as placed in a drawer under the bassinet?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

Are mothers educated on the “supply and demand” principle of milk production and encouraged to feed frequently?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

Are all parents educated to identify early hunger cues?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)



Practice 10: Provide mothers options for breastfeeding support in the community (such as a telephone number, walk-in clinic information, support groups, etc.) upon discharge.

Are mothers routinely referred to a support group, outpatient clinic, local lactation specialist or community resource to call for breastfeeding assistance after discharge?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

Does the facility have a system of follow-up support for breastfeeding mothers after discharge, such as early post-natal or lactation clinic check-ups, home visits, telephone calls?

- Always (100%)
- Most of the time (80-99%)
- More than half of the time (60-79%)
- Some of the time (40-59%)
- Seldom (20-39%)
- Never (0%)

Comments

Any additional comments about any practices:
