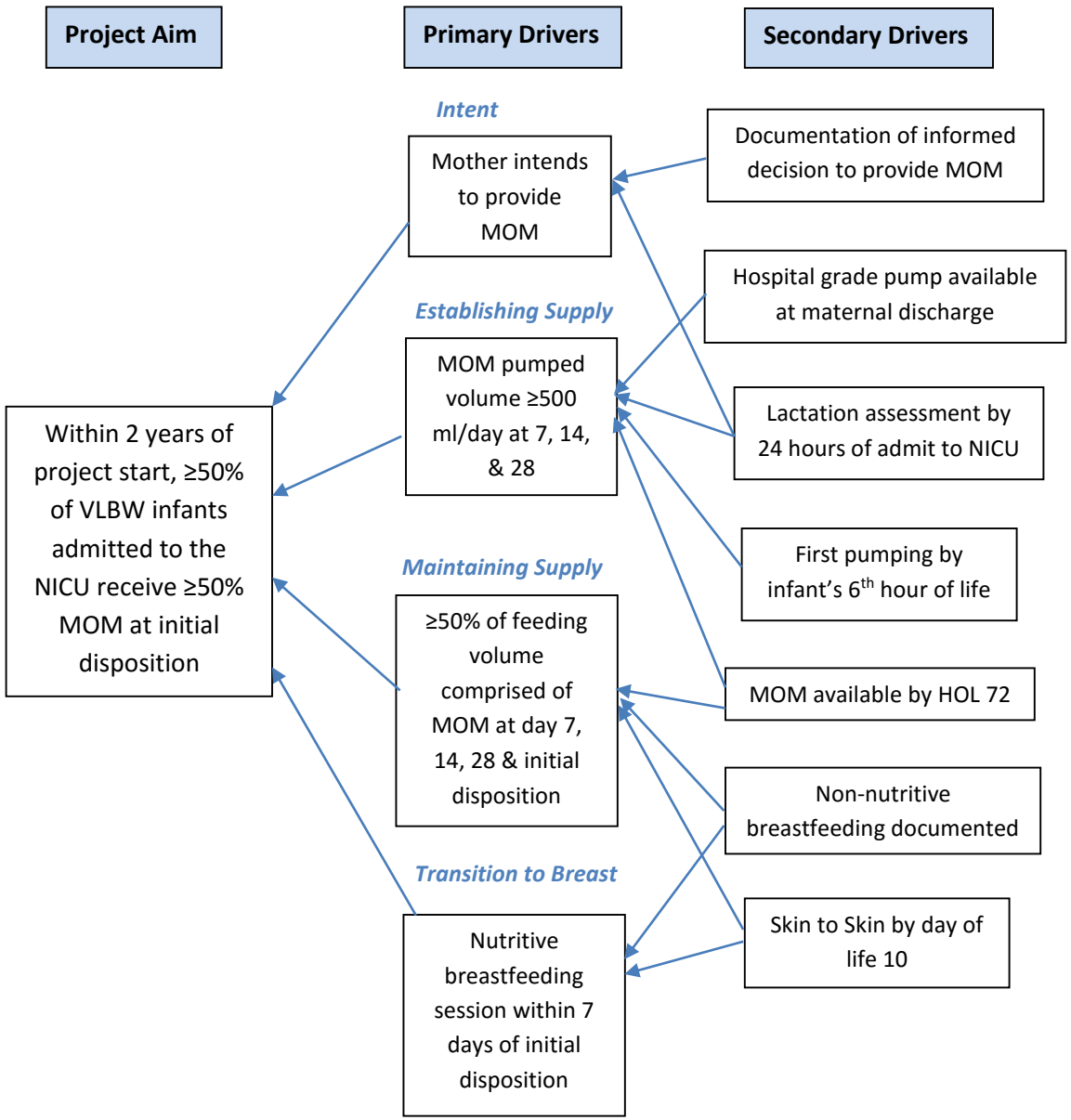
Mother's Own Milk (MOM) Initiative



Recommended Key Practices

1. Process to provide maternal education and advocate for mother's own milk
2. Documentation of informed decision to provide mother's own milk
3. Standardized process for lactation consultations, and assessment by 24 hours of NICU admission
4. Determination of who is responsible and continuously available to initiate and assist with ongoing pumping
5. Secure sufficient number of pumps and ensure access in-house and at discharge
6. Provide breastfeeding education and measure competencies for all staff
7. Maternal education on hand expression, hands-on pumping, colostrum collection, etc.
8. Ensure appropriate supplies are available to facilitate breastfeeding and provision of breast milk
9. Process to monitor milk supply
10. Standardized guidelines (for skin-to-skin, test weights, non-nutritive breastfeeding, etc.)

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Note: Excludes where MOM is contraindicated.