**Breastfeeding Friendly Washington Clinics**

**Silver and Gold Application**





Authorization Form

**Facility Contact Information**

## Let us know who is coordinating the application in case we need more information.

Name: Click here to enter text.

Title: Click here to enter text.

Facility Address: Click here to enter text.

Phone (direct and/or mobile): Click here to enter text.

Email: Click here to enter text.

Webpage *(with information and resources from your clinic about breastfeeding – we’ll add a link to your website on the Breastfeeding Friendly Washington webpage)*: Click here to enter text.

**Application Team Members**

We encourage you to put together a team of people to help with this application. Identify staff who are working on this application.

|  |  |  |
| --- | --- | --- |
| **Name** | **Title** | **Credentials** |
| Click here to enter text. | Click here to enter text. | Click here to enter text. |
| Click here to enter text. | Click here to enter text. | Click here to enter text. |
| Click here to enter text. | Click here to enter text. | Click here to enter text. |

Signature

I (or my designee) have reviewed the information about Breastfeeding Friendly Washington and authorize my facility to submit documentation for recognition as a Breastfeeding Friendly Washington Clinic. I agree that by submitting this application, our facility is implementing the Breastfeeding Friendly Washington Clinic steps of our choice, and agree to receive ongoing feedback for recognition maintenance. I agree to have this recognition listed on the Washington State Department of Health’s website and for the Washington State Department of Health to promote our recognition level in other ways, including social media.

Clinic Name: Click here to enter text.

Clinic Administrator: Click here to enter text.

Administrator Signature: Click here to enter text.Date: Click here to enter text.

*(The signature may be handwritten or electronic)*

Application for Recognition

Congratulations and thank you for supporting breastfeeding families.

Breastfeeding Friendly Washington Clinics is based on the Ten Steps to Successful Breastfeeding developed by the World Health Organization, and the American Academy of Pediatrics [Ten Steps to Support Parents’ Choice to Breastfeed Their Baby](https://www2.aap.org/breastfeeding/files/pdf/TenStepsPoster.pdf).

**To be recognized at the Silver Level, your clinic must:**

1. Already meet the Bronze Level or complete the Bronze Level application
2. Update the Breastfeeding Policy to include the additional steps your clinic is implementing
3. *Implement step 6* of the Breastfeeding Friendly Washington 10 Steps for Clinics:

Step 6: [Train all staff in the skills necessary to support breastfeeding](#Step6)

1. Implement *one* additional step of your choice from the following:

Step 7: [Show mothers how to breastfeed and how to maintain lactation](#Step7)

Step 8: [Use anticipatory guidance supporting exclusive breastfeeding until about 6 months of age, and encourage continued breastfeeding as long as mutually desired by mother and baby](#Step8)

Step 9: [Support breastfeeding by providing accurate information about maternal health](#Step9)

Step 10: [Expand the network of breastfeeding support in your community](#Step10)

**To be recognized at the Gold Level, your clinic must:**

A. Already meet the Silver level, or complete the Bronze application and Silver/Gold application

B. Update the Breastfeeding Policy to include all Ten Steps your clinic is implementing

B. Implement all 10 Steps of the Breastfeeding Friendly Washington 10 Steps for Clinics.

Step 6

Train all staff in the skills necessary to support breastfeeding

**6****.1 Ensure office staff1 are educated on all aspects of providing breastfeeding support specific to their roles.**

|  |  |  |
| --- | --- | --- |
|  | **Y** | **N** |
| Have 80% or more of your staff [[1]](#footnote-2) received 1 hour or more of training specific to their roles, on the importance of breastfeeding and how to provide support?  *Note: this training must be within the last 4 years, and must cover the breastfeeding policy and how each staff member will support breastfeeding.* |  |  |

**6.2 Ensure clinicians2 participate in breastfeeding continuing education activities to acquire and maintain knowledge, skills, and care practices that respect the patients’ culture in accordance with American Academy of Pediatrics (AAP) policies on breastfeeding and** [**the United States Breastfeeding Committee Core Competencies in Breastfeeding Care**](http://www.usbreastfeeding.org/d/do/484)**.**

|  |  |  |
| --- | --- | --- |
|  | **Y** | **N** |
| Have 80% or more of staff providing direct patient care[[2]](#footnote-3) received at least 5 hours of training regarding the management of breastfeeding?  *Note: This training must be within the last 4 years and given to all healthcare staff within the first 6 months of hire. Training must be updated at least every 4 years.* |  |  |
| *Please attach supporting documentation that shows clinical staff has received 5 hours or more of breastfeeding management training, including certificates of completion or attendance.* | | |
| Has staff providing direct patient care been given the educational resources included in the [toolkit](http://www.doh.wa.gov/Portals/1/Documents/Pubs/140-162-BFWAClinicToolkit.docx) to review? |  |  |

**6.3 Identify at least one breastfeeding resource person on staff.**

|  |
| --- |
| Who is the breastfeeding resource person on staff at your clinic?  *Insert name here* |

**6.4 Facilitate staff education on advanced breastfeeding management skills by allowing staff to attend educational programs and clinical preceptorships.**

|  |  |  |
| --- | --- | --- |
|  | **Y** | **N** |
| Do staff providing direct patient care receive opportunities to attend educational programs and clinical preceptorships to further their breastfeeding management skills? |  |  |

**6.5 Describe how your clinic *trains all staff in the skills necessary to support breastfeeding*. Use the text box below to provide examples, comments, or explanations for this question, or any question in the above section. See the** [**Breastfeeding Friendly Washington Clinic Toolkit**](http://www.doh.wa.gov/Portals/1/Documents/Pubs/140-162-BFWAClinicToolkit.docx) **for how to meet this step.**

Insert text here

**\*For Silver please answer one additional step of your choice\***

**\*For Gold please answer all of the steps below\***

Step 7

Show mothers how to breastfeed and how to maintain lactation

**7****.1 Customize education and information to meet the literacy and language needs of mothers.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care meet the language and literacy needs of all mothers in your community? |  |  |  |

**7.2 Develop skills for teaching and assessing effective position and latch.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care have the skill to teach and assess effective position and latch during breastfeeding? |  |  |  |
| Do staff providing direct patient care know who to refer their patient to if they don’t have skills to assess effective position and latch? |  |  |  |

**7.3 Learn the skills to assess breast anatomy during pregnancy and breastfeeding to screen for infection, abnormalities, sore or damaged nipples, and assess mother’s comfort level during breastfeeding.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care have the skill to assess breast anatomy during pregnancy? |  |  |  |
| Do staff providing direct patient care have skill to screen for infection, abnormalities, sore or damaged nipples and assess mothers comfort level during breastfeeding? |  |  |  |
| If staff providing direct patient care don’t know how to screen for  the previous conditions, do they know whom to refer patients to  in the clinic or community? |  |  |  |
| *If yes, please include who you refer to in the clinic or community in the* [*examples section below*](#explanation7) |  |  |  |

**7.4 Teach all mothers how to express milk, including hand expression and provide written instruction about expression and storage of breastmilk.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care teach mothers how to express milk, including hand expression, and provide instructions about how to store breastmilk? |  |  |  |

**7.5 Provide information about methods of offering expressed breastmilk that least interferes with breastfeeding, when needed.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care discuss and provide information about ways to offer expressed breastmilk to babies? |  |  |  |

**7.6 Provide guidance and resources about breast pumps and insurance coverage for mothers going back to work or school, or who have medical needs.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care share guidance and resources about breast pumps? |  |  |  |
| Do staff providing direct patient care discuss breast pumps and insurance coverage with pregnant and breastfeeding mothers? |  |  |  |

**7.7 Describe how your clinic *shows mothers how to breastfeed and maintain lactation*. Use the text box below to provide examples, comments, or explanations for this question, or any question in the above section. Include information from 7.2. See the** [**Breastfeeding Friendly Washington Clinic Toolkit**](http://www.doh.wa.gov/Portals/1/Documents/Pubs/140-162-BFWAClinicToolkit.docx) **for how to meet this step.**

Insert text here

**7.8 Staff providing direct patient care have reviewed the following resources:**

|  |  |  |
| --- | --- | --- |
|  | **Y** | **N** |
| [CDC’s guidelines for the expression and storage of breastmilk](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm) |  |  |
| [Health Benefits and Coverage for Breastfeeding](https://www.healthcare.gov/coverage/breast-feeding-benefits/)  An article from HealthCare.gov about insurance benefits and breastfeeding. |  |  |

Step 8

Use anticipatory guidance supporting exclusive breastfeeding   
until about 6 months of age, and encourage continued breastfeeding   
as long as mutually desired by mother and baby

**8.1 Provide anticipatory guidance and age-appropriate breastfeeding care as part of every routine maternal and infant health screening visit.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care give anticipatory guidance and age-appropriate breastfeeding care as part of every routine maternal and infant health screening visit? |  |  |  |

**8.2 Learn normal variations in the growth patterns of breastfed babies and use the updated Center for Disease Control and Prevention growth charts based on World Health Organization growth standards.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care use growth charts based on the most recent World Health Organization growth standards? |  |  |  |

**8.3 Counsel families about the sleep patterns and behaviors of breastfed infants.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care teach normal sleep patterns and behaviors of a breastfed baby? |  |  |  |

**8.4 Counsel parents about the appropriate time to introduce of solid foods, and when vitamin and mineral supplements are recommended. Discuss the importance of delaying solid foods until the baby shows signs of readiness. Reinforce supplementation with 400 IU of vitamin D beginning shortly after birth, and iron supplementation of 1 mg/kg/day of body weight starting at 4 months of age.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care counsel parents about the appropriate timing of introduction to solid foods, and recommendations for giving vitamin and mineral supplements? |  |  |  |

**8.5 Provide appropriate instruction about oral hygiene for infants.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care educate and provide instruction about oral hygiene for infants? (Example: [*American Academy of Pediatric Dentistry’s Guideline on Infant Oral Health Care*](http://www.aapd.org/media/policies_guidelines/g_infantoralhealthcare.pdf)) |  |  |  |

**8.6 Praise breastfeeding mothers at every office visit for continuing to nurse their babies.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care praise breastfeeding mothers during their office visits for continuing to nurse their babies? |  |  |  |

**8.7 Describe how your clinic *uses anticipatory guidance supporting exclusive breastfeeding until about 6 months of age, and encourage continued breastfeeding as long as mutually desired by mother and baby*. Use the text box below to provide examples, comments, or explanations for this question, or any question in the above section. See the** [**Breastfeeding Friendly Washington Clinic Toolkit**](http://www.doh.wa.gov/Portals/1/Documents/Pubs/140-162-BFWAClinicToolkit.docx) **for how to meet this step.**

Insert text here

**8.8 Staff providing direct patient care have reviewed the following resources:**

|  |  |  |
| --- | --- | --- |
|  | **Y** | **N** |
| [Guideline on Infant Oral Health Care](http://www.aapd.org/media/policies_guidelines/g_infantoralhealthcare.pdf)  A publication from the American Academy of Pediatric Dentistry. |  |  |
| [Infant Sleep Patterns Throughout the First Year](https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/Infant-Sleep-Patterns-Throughout-the-First-Year.aspx)  A publication from the American Academy of Pediatrics on sleep patterns of infants. |  |  |

Step 9

Support breastfeeding by providing accurate information  
 about maternal health

**9.1 Develop skills for evaluating the emotional well-being of the mother and provide or refer to appropriate care.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care evaluate the emotional well-being of the mother and understand when to refer for appropriate care? |  |  |  |

**9.2 Work with licensed mental health professionals to develop protocols for referral patients with potential risk factors for postpartum depression, including professional and community resources.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care screen for postpartum depression? |  |  |  |
| Do staff providing direct patient care refer to licensed mental health professionals or community resources if patients have potential risk factors for postpartum depression? |  |  |  |

**9.3 Counsel mothers about ways to overcome negative social pressures related to breastfeeding.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care talk with mothers about ways to overcome negative social pressures related to breastfeeding? |  |  |  |

**9.4 Provide current information about the safety of most medications during breastfeeding and guidance when mothers are using substances of concern. Current information can be found in the AAP policy statement, “**[**Transfer of Drugs and Therapeutics into Human Milk**](http://pediatrics.aappublications.org/content/early/2013/08/20/peds.2013-1985)**” and** [**LactMed**](https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm)**.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care give current information to breastfeeding mothers about the effects of maternal medications and substance use? |  |  |  |

**9.5 Provide basic nutrition information to breastfeeding mothers. Screen for maternal nutritional problems and refer mothers for counseling when indicated. Pay special attention to mothers on special diets (i.e. diabetic, vegan), those with unindicated rapid weight loss, or those who wish to lose weight.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care give basic nutritional guidance to breastfeeding mothers? |  |  |  |

**9.6 Provide mothers with current information about continuing to breastfeed during maternal illness, and when planning to undergo medical or dental procedures.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care provide mothers with current information about breastfeeding during maternal illness and when planning to undergo medical or dental procedures? |  |  |  |

**9.7 Describe how your clinic *supports breastfeeding by providing accurate information about maternal health*. Use the text box below to provide examples, comments, or explanations for this question, or any question in the above section. See the** [**Breastfeeding Friendly Washington Clinic Toolkit**](http://www.doh.wa.gov/Portals/1/Documents/Pubs/140-162-BFWAClinicToolkit.docx) **for how to meet this step.**

Insert text here

**9.8 Staff providing direct patient care have reviewed the following resources:**

|  |  |  |
| --- | --- | --- |
|  | **Y** | **N** |
| [Barriers to Breastfeeding in the United States](http://www.ncbi.nlm.nih.gov/books/NBK52688/)  An excerpt from “The Surgeon General’s call to Action to Support Breastfeeding”. |  |  |
| [Transfer of Drugs and Therapeutics into Human Milk](http://pediatrics.aappublications.org/content/early/2013/08/20/peds.2013-1985)  A clinical report from the American Academy of Pediatrics on the transfer of drugs and therapeutic substances into breastmilk. |  |  |

Step 10

Expand the network of support for breastfeeding

**10.1 Refer expectant and new parents to the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and to breastfeeding support groups such as La Leche League or local breastfeeding coalitions.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Do staff providing direct patient care refer expectant and new parents to community resources such as counselors, WIC, and support groups such as the La Leche League or local breastfeeding coalition? |  |  |  |

**10.2 Use telephone triage systems and protocols that support breastfeeding with current research-based practices.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Y** | **N** | **N/A** |
| Does your clinic use telephone triage systems and protocols that support breastfeeding? |  |  |  |

**10.3 Describe how your clinic *expands the network for breastfeeding support in your community*. Use the text box below to provide examples, comments, or explanations for this question, or any question in the above section. See the** [**Breastfeeding Friendly Washington Clinic Toolkit**](http://www.doh.wa.gov/Portals/1/Documents/Pubs/140-162-BFWAClinicToolkit.docx) **for how to meet this step.**

Insert text here

Optional Best Practices

* **Ensure that a trained professional observes each mother breastfeeding her newborn, when appropriate**
* **Provide in-kind or financial support for local breastfeeding support groups**
* **Encourage hospitals to provide care packages that support breastfeeding**
* **Encourage hospitals to adopt practices consistent with Breastfeeding Friendly Washington and the Ten Steps to Successful Breastfeeding.**
* **Support hospitals in achieving Breastfeeding Friendly Washington Gold recognition or becoming Baby-Friendly®(doh.wa.gov/BFWAhospitals)**
* **Encourage employers in the community to adopt workplace practices that are supportive of breastfeeding**
* **Provide a comfortable space for clinic employees to breastfeed or express milk**

**Congratulations!**

**You have completed your application for** **Breastfeeding Friendly Washington!**

1. Staff: refers to anyone in the clinic with patient contact including: MD, DO, NP, CNM, IBCLC, RD LPN, RN, MA; as well as other non-medical staff who have face-to-face contact with patients or families such as receptionists and schedulers [↑](#footnote-ref-2)
2. Staff providing direct patient care (clinicians) are medical healthcare staff that have a variety of patient contact depending on their scope of practice. [↑](#footnote-ref-3)