

A CRITICAL REVIEW OF THE TEN STEPS FOR SUCCESSFUL BREASTFEEDING AND THE BEST APPROACH FOR BREASTFEEDING DECISION AND SUCCESS

Enrique Gomez Pomar

University of Kentucky, USA

There is no doubt regarding the multiple benefits of breastfeeding for infants and society in general. Therefore, the World Health Organization (WHO) in a conjoint effort with United Nations International Children's Emergency Fund (UNICEF) developed the "Ten Steps to Successful Breastfeeding" in 1992, which became the backbone of the Baby Friendly Hospital Initiative (BFHI). Following this development, many hospitals and countries intensified their position towards creating a "breastfeeding oriented" practice. Over the past two decades, the interest increased in the BFHI and the Ten Steps. However, alongside the implementation of the initiative, extensive research continues to evaluate the benefits and dangers of the suggested practices. Hence, it is our intention to make a critical evaluation of the current BFHI and the Ten Steps recommendations in consideration of the importance of providing an evidence-based breastfeeding supported environment for our mothers and infants

Biography

Enrique Gomez completed his Medical School in Peru, Pediatric Residency in St Joseph's Regional Medical Center in Paterson, NJ and Neonatology fellowship at the University of Kentucky in Lexington; he has completed Masters' in Sciences at the University of Kentucky. He is currently working as a Neonatologist in Mississippi. He has published in several peer review journals and it's currently interested in Neonatal Abstinence Syndrome and in improving breastfeeding rates and success

enrique.gomez@uky.edu