

Texas Ten Step Facilities

Helping Mothers Reach Their Breastfeeding Goals

The Department of State Health Services awards Texas Ten Step designation to birthing facilities that have begun to address the Ten Steps to Successful Breastfeeding. These steps help you to exclusively breastfeed your baby and feel confident in your ability to continue breastfeeding successfully after you leave the hospital.

*“With the encouragement and support of the hospital staff, my baby and I got off to a good start.
Now breastfeeding just comes naturally.”*

Diana G., mother

Delivered at a Texas Ten Step facility

Texas Ten Step Facilities:

1. Follow policies that support your decision to breastfeed
2. Have trained staff to help you breastfeed your baby
3. Give you information on the importance and benefits of exclusive breastfeeding during pregnancy
4. Teach you how to hold your baby in skin-to-skin care
5. Show you how to breastfeed - including how to pump and hand express your milk when you can't be with your baby
6. Ask your permission before feeding your baby anything other than your milk
7. Encourage and help you to keep your baby in the room with you - day and night
8. Teach you how to look for and read your baby's communication cues
9. Ask your permission before giving your baby a pacifier or before using any other feeding method
10. Connect you with breastfeeding support after you leave the birthing facility

To find a Texas Ten Step facility near you, visit at [TexasTenStep.org](https://www.texasstep.org).

For breastfeeding help and information, call [1-800-514-6667](tel:1-800-514-6667) or visit [BreastmilkCounts.com](https://www.breastmilkcounts.com).

If a Texas Ten Step facility is not in your area, talk to your doctor about finding a birthing facility that encourages breastfeeding and will support you before and after birth.