

# UT Southwestern Designated as a Texas Ten Step Program Facility

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The Texas Department of State Health Services recently designated UT Southwestern as a Texas Ten Step (TTS) program facility.

The Texas Ten Step Program encourages breastfeeding as the preferred method of feeding for newborns and infants. UTSW joins a growing number of Texas birth facilities that are supporting new mothers and their decision to breastfeed.

Texas Ten Step facilities are asked to address 85 percent of the [Ten Steps to Successful Breastfeeding](#), be designated as a [Texas Mother-Friendly Worksite](#), evaluate their breastfeeding policies and maternity care practices, and educate all health care staff routinely with evidence-based courses. The goal of the program is to have 82 percent of all infants exclusively breastfeeding at discharge.

Based on the World Health Organization's (WHO) / United Nations Children's Fund's (UNICEF's) Ten Steps to Successful Breastfeeding, the program aims to assist birth facility's support of breastfeeding mothers before, during and after delivery; encourages them to identify breastfeeding resources for the mother after she is discharged; and assists facilities in improving on national performance measures such as the Centers for Disease Control's (CDC) Breastfeeding Report Card.

For more information, please visit: [texastenstep.org](http://texastenstep.org) and [motherfriendly.com](http://motherfriendly.com).



**TEXAS 10 STEP**  
PROGRAM