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 and motherfriendly.com.