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## Human milk in the NICU: policy into practice

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**Abstrak** 

## Contents:

Establishing the need: why human milk is important to a nation's public health -- Implementing NICU breastfeeding support: policies and procedures: step 1 -- Step 2: staff training for improved skills and competency in assisting breastfeeding mothers -- Step 3: informing mothers of preterm infants about the need for their milk -- Step 4: helping preterm mothers mother through increased mother-infant contact -- Step 5: establishing and maintaining a milk supply for the NICU infant -- Step 6: give preterm and/or compromised infants only human milk unless medically contraindicated -- Step 7: implementing kangaroo mother care and skin-to-skin contact in the NICU as routine care -- Step 8: transitioning the baby to full breastfeeding -- Sept 9: addressing issues of conflict of interest -- Step 10: the role of the NICU in providing breastfeeding support -- Use of banked donor human milk as an alternative to formula -- U.S. milk banking: a century of safety -- International practices and policies in donor human milk banking -- The ten steps for a baby-friendly milk bank -- The ethics of human milk use in the NICU.