

Our Baby-Friendly Promise for NICU Families



Sinai Health respects and supports all families in their infant feeding decisions. We encourage families to provide human milk to their infants whenever possible and to work toward breast/chestfeeding.

We promise our families that we will:

- provide education and support to individualize your infant feeding decisions
- help you to hold your baby skin-to-skin or provide comfort touch as soon as medically possible after birth
- follow evidence-based infant feeding policies and provide information on different ways to feed your baby
- help you to start hand expressing and/or pumping and/or breast/chest feeding as early as possible after birth (ideally within one to six hours)
- help you to position and latch your baby as soon as medically stable
- support you to build and maintain your milk supply
- welcome you to stay with your baby as much as you are able
- prioritize human milk for your baby; human milk substitutes/infant formula will only be given with your consent when medically indicated
- prepare you for continued breast/chest/human milk feeding prior to discharge by providing you with community resources and support services



Sinai
Health

Mount Sinai Hospital
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