Mothers are encouraged and supported to provide their own breast milk for their infant.

Early enteral feeding is established, based on a standard protocol, preferably with mother’s own breast milk.

Preterm infants are given supplements to reduce nutritional deficits.

Standards are established for the safe use of human donor milk when mother’s own milk is not available.

Early nutrition, preferably using human milk, is established and feeding difficulties, growth, and breastfeeding are monitored during and after hospitalisation.

Formula for preterm infants promotes growth and functional outcomes approaching those of preterm infants fed fortified mother’s milk.

Parents develop appropriate knowledge and skills in feeding their preterm infant.

Growth monitoring and assessment of nutritional status is performed using suitable equipment and appropriate growth charts in order to optimise nutritional support and outcomes.