



## Nutrition

# Providing mother's own milk (MOM) for preterm and ill term infants

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## Statement of the standard

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



### For parents and family

- Parents are informed by healthcare professionals about the benefits of mother's own milk (MOM) and encouraged and supported to provide MOM.



### For neonatal unit

- A unit guideline on infant nutrition, including the importance and provision of MOM as well as the initiation and maintenance of lactation and its appropriate documentation, is available and regularly updated.
- Multidisciplinary infant nutrition and lactation teams to provide education and advocacy for MOM provision are available.
- Timely access to effective and efficient breast pumps, containers, pump kits and breast shields for mothers of preterm infants is provided.



### For health service

- A national guideline on infant nutrition, including the importance and provision of MOM, fortification, and supplementation is available and regularly updated.

## Benefits

### Short-term benefits

- Reduced prematurity related morbidity (less feeding intolerance, decreased risk of serious morbidity, i.e. NEC and sepsis)
- Reduced healthcare costs

### Long-term benefits

- Improved neurodevelopmental outcomes



### For healthcare professionals

- A unit guideline on infant nutrition, including the importance and provision of MOM as well as the initiation and maintenance of lactation and its appropriate documentation, is adhered to by all healthcare professionals.
- Training on infant nutrition, including the importance and provision of MOM as well as the initiation and maintenance of lactation, is attended by all responsible healthcare professionals.



### For hospitals

- Training on infant nutrition, including the importance and provision of MOM as well as the initiation and maintenance of lactation, is ensured.
- Sufficient resources (staff, equipment including fridges and freezers, and space for milk expression) are provided.

