

# What Makes a Keystone 10 Hospital?

The Pennsylvania Department of Health requires hospitals to complete the following steps to earn [Keystone 10 designation](#) for breastfeeding advocacy:

1. Have a breastfeeding policy that is routinely communicated to all staff.
2. Train all health care staff in the skills necessary to implement the facility breastfeeding policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and maintain lactation, even if they should be separated from their infants.
6. Give newborns no food or drink other than breast milk, unless medically indicated.
7. Practice "rooming in" — allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no artificial teats or pacifiers (also called bottle nipples or soothers) to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them upon discharge from the facility.