

Thank you for your interest in becoming a Baby-Friendly Community Health service!

To gain an overview of the process, you should familiarize yourself with the guidance for Baby-Friendly Community Health Services and the seven stages involved. The time required to achieve designation may vary, but you should expect the process to take approximately 1.5 years.

Two tasks to start with (Step 1 in the process)

The first thing you need to do is to establish a working group consisting of a leader, midwife, and public health nurse in the municipality. Then you can start with these two tasks:

1. Self-assessment

The community health service or project group should complete the self-assessment form collaboratively.

Following this, a reflection note should be written based on the results of the self-assessment.

2. Breastfeeding registration

All public health nurses must register breastfeeding status by continuously completing the infant feeding registration form for all children attending 5-month and 1-year check-ups over the course of one month. If the municipality is small, you must expect to spend some more time, as we want a minimum of 20 children in each age group.

Make sure that everyone who fills out the form has a common understanding of the breastfeeding indicators, so that the registration is as precise as possible (see definitions in the form for registration of infant feeding status).

After the breastfeeding registration has been completed, the staff must jointly write a reflection note.

The note must contain considerations about the reasons for early cessation of breastfeeding or for partial breastfeeding, and factors they think affect breastfeeding in their municipality



How to submit forms and notes?

Submit forms and notes digitally – using the "Submit form" button at the bottom of the forms, and/or as an attachment in emails to ammekyndig@helsedir.no.

What happens after forms are submitted?

After we have received forms and notes from you, you will receive formal feedback on both self-assessment, breastfeeding status and reflection notes. You will then be guided through the next step, which is competency verification and updating/training of the staff and development of the municipality's infant feeding policy (according to the criteria for Baby-Friendly Community Health Service).

The sender of this letter is your supervisor and contact person at the designating body. Feel free to contact us if you have any questions or requests for input and advice along the way.

Good luck!

Best regards,

The Norwegian Directorate of Health (the external designating body)