

I am a Breastfeeding Baby



Breast milk ONLY please.

Baby _____ Mom _____

♥ No water or other liquids are needed. ♥

Birth Weight _____ Date of Birth _____ Time _____

Birth Length _____ Doctor _____

DETACH AND PLACE ON BASSINET

5 Tips for Breastfeeding Success!

- Breastfeed within the first hour.** Ask to comfort your baby skin-to-skin soon after birth.
- Room in with your baby.** Keep your baby in your room all day and night so you can get to know and watch over your baby. This early time of practicing breastfeeding together is important.
- Breastfeed often, every 1½ to 3 hours.** Your milk provides everything your baby needs. No water or other liquids are needed.
- Avoid using a pacifier in the first month.** Babies who use a pacifier may not nurse as often. Offer your breast at the earliest sign of hunger to give your baby as much milk as possible.
- Ask for a telephone number to call for help or support.** All breastfeeding questions are important, especially after you go home! Have hospital staff write numbers to call here: Hospital _____ Doctor _____.

Thank you for giving your baby a great start!



DETACH AND PLACE ON BASSINET

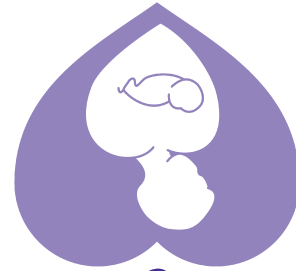
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