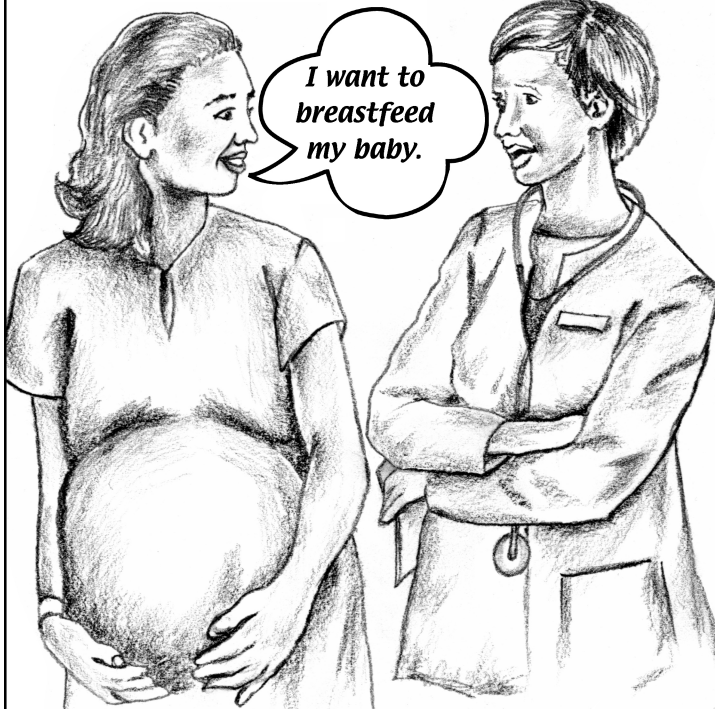


Getting a Strong Start with Breastfeeding

Before the Baby Comes:



- ♥ Learn about breastfeeding— attend classes, speak with other mothers.
- ♥ Tell your family, doctor and nurse you want to breastfeed.

At the Hospital:



- ♥ Start breastfeeding within an hour after birth, if possible.
- ♥ Tell the staff you want your baby to only have breast milk.
- ♥ Keep your baby in the room with you day and night.
- ♥ Learn to recognize when your baby is hungry.
- ♥ Ask for help if you have any questions.

The First Feedings at the Breast:

- ♥ Your very first milk, colostrum, is just right for your baby and will protect her against disease.
- ♥ Newborns may be sleepy from their mother's medication during labor — have patience and keep trying.
- ♥ The first feedings are practice for you and your baby.
- ♥ Let your baby breastfeed as often and for as long as she wants.
- ♥ It is common for newborns to have very closely spaced feedings at certain times of the day and night.



- ♥ Bottles of formula or water are generally not necessary, and will interfere with breastfeeding.
- ♥ Avoid artificial nipples and pacifiers for at least the first 4 to 6 weeks.