

Keys to Successful Breastfeeding

Practice skin-to-skin care to help breastfeeding get started

- Place baby skin-to-skin on your chest as soon as possible after delivery.
- Keeps baby warm and medically stable.
- Helps baby start breastfeeding.
- Father can care for baby skin-to-skin if mother is not available.

Keep baby with you in your room

- Snuggle skin-to-skin with mom or dad whenever possible.
- Turn down offers to have your baby in the nursery at night.
- Staying together helps you get to know baby and learn breastfeeding.
- Builds confidence in breastfeeding before you go home from the hospital.
- Get a nap during the day when baby is napping.



Breastfeed frequently

- Follow your baby's feeding cues, not the clock.
- Feed whenever your baby show signs of hunger.
- Let baby finish nursing on the first breast before offering the second breast.
- Avoid a pacifier. Ask the staff to show you other ways to comfort your baby.

Plan to feed only breast milk

- Frequent breast feeding helps prevent engorgement and helps establish a full milk supply.
- If it is medically necessary to give additional feedings to your baby, use your milk first. Seek help with manual expression or pumping if needed.
- Avoid bottles. The staff can show you how to use other feeding methods if a supplement is medically necessary.

Ask for help with breastfeeding

- It is normal to feel awkward or uncomfortable at first.
- Ask for the staff to help if it hurts to breastfeed or your nipples are getting sore.
- Learn where to get help with breastfeeding concerns before you go home.

Washington County Breastfeeding Coalition
<http://www.livinghealthywc.org/Breastfeeding.html>
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