



Simple Steps to Successful Breastfeeding

1. Educate yourself; take a breastfeeding class or read books about breastfeeding.
2. Start breastfeeding as soon as you can after the baby's birth, within the first 1-2 hours is best.
3. Keep your baby in your room with you as much as possible. Feed your baby whenever she gives "feeding cues". (You may have to wake her up every 2-3 hours for the first few days).
4. Avoid the use of pacifiers and bottles as much as possible.
5. Surround yourself with supportive family and friends. Ask for help from a Lactation Consultant if you are having challenges.
6. Remember you are choosing the very best milk for your baby

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