



Breast Or Chestfeeding: 7 TIPS FOR GETTING STARTED IN THE HOSPITAL

The tips below can help you and your baby as you get started breast or chestfeeding while you are still in the hospital.

1 ROOM IN WITH YOUR BABY

Keeping your baby in the room with you will help you learn their cues so you can respond to their needs. By rooming in, you will have more time for skin-to-skin time and breast or chestfeeding.

2 WATCH FOR HUNGER CUES

Your newborn will have a tiny stomach and will need to eat often (10 or more times each day). They will give you cues to tell you when they are hungry. Breast or chestfeed every time your baby is hungry. This will help your body make the right amount of milk to meet their needs.



3 HOLD YOUR BABY SKIN-TO-SKIN

Holding your baby skin-to-skin helps your body produce more prolactin. Prolactin is a hormone that helps you make more milk. It can also be easier for breast or chestfeeding parents to get their babies to latch while holding them skin-to-skin.

4 AVOID COMBO FEEDING AT FIRST

Combo feeding is the combination of breast or chestfeeding and formula feeding from a bottle.

IF YOU ARE THINKING OF INTRODUCING A BOTTLE:

- >> It is best to wait until your baby is at least 3-4 weeks old.
- >> Wait until your baby is latching and feeding well, and you have a feeding routine in place.

There are other ways to feed your baby if it is medically necessary. Ask your health care provider or WIC staff for more information.



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Take This Lesson to Learn:

- What to expect in the first 48 hours after baby arrives.
- The basics of skin-to-skin time and why it is important.
- How your family can support you while you feed your baby.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category:
Pregnancy and Baby's First 6 Months
- Choose the lesson:
Feeding Your Newborn

5 AVOID PACIFIERS AT FIRST

It will be helpful to not offer pacifiers to your baby for the first 4-6 weeks. Your baby will have an instinct to suck. When they do this at your breast, it will help you make more milk. When baby sucks on a pacifier, they will suck less on your breasts.

6 EXPRESS YOUR MILK BY HAND

You may find that you will need to express your milk by hand while breast or chestfeeding. Hand expressing can help get your milk flowing when you are getting feed. It can also be useful if your baby is having a difficult time breastfeeding. Ask for help from a lactation consultant!

7 ASK A LACTATION CONSULTANT

A lactation consultant is a professional breast or chestfeeding specialist. They are trained to help parents learn how to feed their babies. A lactation consultant will help you find the answers to your breast or chestfeeding questions. If you have any trouble breastfeeding in the hospital, ask to see a lactation consultant as soon as possible.

