Baby's Name: ____________________________________

Date of Birth: ___________________  Time: ________________

Weight: _________________________  Length: ________________

Tips for Breastfeeding Success!

♥ Breastfeed often. Babies need to breastfeed eight or more times in 24 hours in the early weeks. Your milk provides everything your baby needs.

♥ Hold your baby skin-to-skin for many hours every day.

♥ Talk to your baby and smile.

♥ Keep your baby with you as much as possible so you can learn how your baby tells you it is time for a feeding.

♥ Babies need to breastfeed several times during the night.

♥ Avoid using a pacifier for the first four weeks.

♥ If your baby is having a hard time latching, ask your nurse for help.

Your baby says “Yummy. Thank you, mom.”

No water or other liquids are needed.

Breast milk ONLY please.

I am a breastfed baby!