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.”

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Baby’s Name: ____________________________________________

Date of Birth: _______________  Time: ________________

Weight: ________________  Length: ________________