

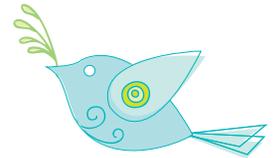
# Tips for getting breastfeeding off to a good start

These steps can help you breastfeed. Let your nurse know that you want to follow these steps.

1. Breastfeed within the first hour after birth, even if you had a caesarean (or c-section) birth.
2. Feed only breastmilk to your baby. Ask for a breast pump if your baby is not feeding from your breast.
3. Hold your baby "skin-to-skin" as much as you can. This means that your baby's skin is touching your skin.
4. Keep your baby in your room, day and night, except for special procedures.
5. Do not give a pacifier or bottle to your baby.



## Your baby's first hour



When your baby is born, he should be placed on your bare chest. This skin-to-skin contact will comfort your baby after the delivery. The staff can do most things they need to do while you are holding your baby. Your baby will start to look for your breast and nipple. His head will bob up and down as he crawls to your breast. It may take some time, but your baby will attach to your breast when he is ready. It is truly amazing to watch your baby find your breast and start feeding.

If he does not show interest in the first hour, place his cheek on top of one of your breasts so he can feel, smell and taste your nipple. If he still does not show interest in eating, ask for help. Your baby should breastfeed within the first hour or so after birth.