

Congratulations!

My Name _____ Room _____

Sex _____ My Birthday _____ Time _____

Birth Weight _____ lbs _____ oz Length _____ in Head _____ cm

My Doctor _____

Mother's Name _____

Mother's Doctor _____

I'm breastfeeding!



Tips for breastfeeding success

You have chosen to provide your baby with the BEST nutrition possible. Breastfeeding is natural but takes practice during the first days of life.

- Place your baby's chest against your chest as soon after birth as possible, **skin-to-skin** contact helps breastfeeding
- Initiate breastfeeding **within an hour** or as soon as possible
- Breastfeed, alternating breasts for about 10 minutes each side
- Every 2 to 3 hours or **8 to 12** times daily
- Baby **only needs your breast milk** during the first days of life
- **Baby should stay with you** during the day and night so you can learn his or her hunger cues
- Sore nipples are normal during the first days but cracked nipples are not, a health care professional can **ensure positioning and latch are correct** for your comfort and transfer of milk to baby
- **Avoid use of artificial nipples** until breastfeeding is well established or about one month of age



North Dakota
Breastfeeding-Friendly