

I am a breastfed baby!

Breast milk **ONLY** please.
No water or other liquids are needed.



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."



Baby's Name: _____

Date of Birth: _____ Time: _____

Weight: _____ Length: _____