



# BASICS OF BREASTFEEDING



The following information gives you as a mother-to-be some breastfeeding tips to start thinking about:

- Performing skin to skin for the first hour after birth or until the first feeding is completed, is the best way to get breastfeeding started off right.
- Breastfeeding within the first hour of life increases success rates.
- If you are required to be separated from your baby, the nursing staff will assist you to initiate and maintain lactation. You can still be successful!

- **Your baby will need to be fed on demand when feeding cues are present.**
  - **Feeding cues to look for include: hand to mouth, rooting, sucking on tongue or lips, wiggling, fist clenched, wrinkled forehead.**
  - **The baby will require at least 8 feedings per 24 hours.**
  - **Breast milk supply will be more quickly established with frequent bouts at the breast by the newborn.**
- **In order to learn your baby's feeding cues, and recognize behaviors indicating the baby has a need, rooming-in will be practiced during your hospital stay. This provides a wonderful opportunity for bonding 24 hours a day.**
- **Pacifiers and bottles should not be introduced until breastfeeding is well established (this is usually around the first month of life), as they can decrease breastfeeding success.**
- **In order to give your newborn the healthiest start to life exclusive breastfeeding should be continued for the first 6 months of life.**
- **Once you are discharged from the hospital, your breastfeeding support will continue. The hospital offers a free feeding support group twice a month and one-on-one lactation assistance by appointment.**

**Have any questions?**

**Contact our Maternity Navigator**

**maternitynavigator@hcmhcares.org**

**Call: 765.599.3193 or Text: 765.521.1116**



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