

## **Feeding Your Baby – the First Days: Breast is Best!**

We recommend BREASTFEEDING your baby as the safest and healthiest method of feeding for you and your baby.

*You will be more successful at breastfeeding if:*

- **You commit to breastfeeding only** for at least the first two to three weeks, and make it your priority.
- **Everyone around you supports your choice of breastfeeding.**

*When you are in the hospital:*

- **Get breastfeeding help from** nurses at the hospital in the first day or two.
- **Watch the breastfeeding** video at the hospital – ask the nurse to turn it on for you!
- **Pay attention to good** technique when positioning and latching your baby.

*When you go home with your baby:*

- **Stay close to home for the first two weeks** while you and the baby get to know one another and you both learn about breastfeeding – what works for you!
- **Limit visitors.** Try not to have too many, and make sure they keep their visits short! You need to rest as much as possible, and you and your baby need to be together, undisturbed, as much as possible.
- **Spend as much time skin-to-skin with the baby as possible.** This not only promotes successful breastfeeding, but also promotes brain growth and development – it makes your baby ‘smarter’!
- **Put the baby to your breast every time he or she shows interest – sticking out its tongue, putting its hands to its mouth.** Don’t wait for your baby to cry before you feed. It is much harder to get a crying baby to feed well.
- **Try not to let the baby sleep for longer than 4 hours – from the BEGINNING of one feed to the BEGINNING of the next feed - in the first week or two.** In the first few days, it’s best if your baby feeds every 2-3 hours. If your baby is sleepy, try changing the diaper, undressing the baby, or using a cool washcloth on the forehead to wake them up.
- **Avoid using nipple shields, soothers or bottles.** Some babies will decide they prefer artificial teats to the real thing.
- **Avoid giving the baby formula, unless it is medically indicated.** Giving the baby formula fills the baby up and makes it less likely that the baby will feed well at the breast.