



Tips to Start Breastfeeding

In the hospital/at delivery:



Breastfeed your baby within the first or two hours after delivering and practice skin to skin contact often.



Tell your doctor and nurses in the hospital you want to breastfeed and not give any bottles or pacifiers to the baby, unless medically necessary.



If in the hospital, ask for guidance and support from a Certified Lactation Consultant.



Consider limiting visitors and visiting times as you bond with your baby and practice breastfeeding.



Try different positions and use pillows for support.



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