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.