

Your Guide to Early Breastfeeding Success

- ✓ Limit visitors in the first 24 hours.
- ✓ Put your baby to breast within 1 hour after birth.
- ✓ Nurse once every hour for the next 3-4 hours.
- ✓ Nurse at least 10-12 times per 24 hours of your hospital stay.
- ✓ Some babies are very sleepy the first few days and may need help waking up for feedings.
- ✓ Avoid pacifiers, artificial nipples and supplementation with glucose water or formula.
- ✓ Have a Lactation Consultant observe at least one feeding in the hospital.

Rex: 919-784-3224 Wake: 919-350-8599 Western Wake: 919-362-4018

- ✓ Call an HCC lactation educator who can offer support and answer questions after you leave the hospital.

Health Care Center: 919-531-8809

Signs Your Baby is Doing Well

- ✓ Baby breastfeeds at least 10 times per 24 hours.
- ✓ Baby loses no more than 7% of birth weight in the first few days after birth.
- ✓ Baby gains 4-8 oz per week and is back to birth weight by 2 weeks.
- ✓ There is audible swallowing by baby and milk is seen in baby's mouth.
- ✓ Mom feels a tugging but no pain during breastfeeding.
- ✓ Baby is content after feedings.
- ✓ Baby has a stool for each day of life (3-4 per day) turning yellow by Day 4 and 6-8 wet diapers.
 - Black → Green → Yellow
- ✓ Trust your instincts; if things don't feel right, get help. We're here for you!