Let’s Review: WHY do these Practices?

Stay Healthy
• Helps baby grow and develop
• Protects baby from birth defects
• Helps you feel good

Skin-to-Skin
• Keeps your baby warm and secure
• Helps to keep baby’s blood sugar up and breathing steady
• Easier to bond and breastfeed
• Helps to calm your baby

Breastfeed
• Provides antibodies for baby’s health
• Provides the perfect nutrition
• Protects mothers from diseases
• Helps to slow postpartum bleeding
• Easy for baby to digest

Only give breastmilk
• Keeps your milk supply up
• Protects baby from sickness and disease

Room-In 24/7 at hospital
• Easier to learn your baby’s feeding cues
• Easier to bond and get to know each other
• Helps you to learn to care for your baby
• Encourages milk production

Feed on cue
• Helps bring in a good milk supply
• Prevents under- or overfeeding
• Helps baby feel safe and cared for
• Helps baby feel content and satisfied

Get a good latch
• Prevents nipple pain or damage
• Helps baby get more milk
• Improves milk supply

CAROLINA GLOBAL BREASTFEEDING INSTITUTE

Ready Set Baby  A guide to welcoming your new family member