Ready, Set, Baby
A guide to welcoming your new family member
Let’s get started!

**Staying healthy during pregnancy and beyond**

**Infant feeding - Find out the facts!**

**While you are at the maternity center**
- Your labor and delivery
- Skin-to-Skin
- Rooming-In
- Feeding On Cue/ delayed pacifier use

**Breastfeeding information & tips**
- Early and exclusive breastfeeding
- Benefits for mothers and babies
- Position and latch
- Making and maintaining your milk supply
- Signs your baby is getting enough milk

**Back home with your new baby**
- The first few weeks
- Preparing for other caregivers
- Just for partners
- Addressing common concerns
- Resources for support
Staying healthy during pregnancy and beyond
What have you heard about infant feeding?
Preparing for your maternity center stay
Your labor and delivery
Skin-to-Skin contact
Keep your baby warm and secure
Rooming-In during your stay
Feeding "On Cue"
Follow your new baby’s lead

**DAY 1**
5-7ml
= grape.

**DAY 3**
22-27ml
= cherry tomato.

**DAY 7**
45-60ml
= strawberry.

**MONTH 1**
80-150 ml
= lime.
Early and exclusive breastfeeding
Your milk and nothing else
Benefits of breastfeeding
For moms AND babies
Laid back position: a great way to start!
Making and maintaining your milk
Move it or lose it
Signs your baby is getting enough milk
Let's review what we've learned
These maternity practices matter. WHY?
The first few weeks
Changes for the whole family
Preparing for other caregivers
Going back to work or school
Just for partners and loved ones
Breastfeeding is a team effort
Resources for support
Nationwide help at your fingertips
What questions do you have?
Nationwide help at your fingertips
We would like to thank the W.K. Kellogg Foundation for their generous support of this and other projects that foster a breastfeeding-supportive society. For more information please visit breastfeeding.unc.edu.

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