

Ready... Set...

BABY

# Let's Get Started!



## What Have You Heard about Infant Feeding?

- Common Myths And Misinformation
- Find Out The Facts!

## While You Are At The Maternity Center

- Skin-to-Skin Contact
- Rooming-In
- Feeding "On Cue" / No Pacifier Use



## Breastfeeding Information & Tips

- Benefits of Exclusive Breastfeeding
- Position & Latch / Tips For A Great Start
- Making And Maintaining Your Milk
- Signs Your Baby Is Getting Enough Milk

## Once You Are At Home With Your Baby

- Addressing Common Concerns
- The First Few Weeks
- Preparing For Other Caregivers
- Just For Partners
- Resources For Support



CAROLINA GLOBAL  
BREASTFEEDING INSTITUTE



THE UNIVERSITY  
of NORTH CAROLINA  
at CHAPEL HILL