



Let's review: Why do these practices?

Stay healthy during pregnancy

- 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

Room-in 24/7 at the birthing facility

- 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

Breastfeed

- Provides antibodies to fight infections
- Provides the perfect nutrition
- Protects mothers from diseases
- Helps to slow postpartum bleeding
- Easy for baby to digest

Give only breastmilk

- Keeps your milk supply up
- Protects baby from sickness and disease

Get a good latch

- Prevents nipple pain or damage
- Helps baby get more milk
- Improves milk supply