

## Mother's Milk : It's All A Baby Needs!

### Get breastfeeding off to a great start:

- Breastfeed your baby soon after birth—within the first hour if possible.
- Hold your baby skin to skin.
- Keep your baby with you as much as possible so you can breastfeed often.
- Request no supplements (no formula, no water, unless medically necessary).
- Request no bottles or pacifiers.
- Babies have tiny tummies. Your body makes baby's perfect food in the right amount.
- Early breastfeeding without supplementing is crucial to establishing milk production.

*Health organizations worldwide recommend that for the first six months infants be exclusively breastfed, needing no other food besides mother's milk.*



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Name \_\_\_\_\_

Medical Record # \_\_\_\_\_ Date of Birth \_\_\_\_\_

Blood Type \_\_\_\_\_ Time \_\_\_\_\_

Baby's Doctor \_\_\_\_\_ Weight \_\_\_\_\_

Mother's Doctor \_\_\_\_\_ Length \_\_\_\_\_

Mother's Name and Room # \_\_\_\_\_



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