

Breastfeeding Your Baby

(Hospital Name)

Great Things to Expect at our Hospital

Preparing to Feed Your Baby

Our hospital *(or specific hospital name)* is very supportive of women in their efforts to be successful with breastfeeding. Our staff is trained and policies are in place to help you meet your breastfeeding goals.

During your pregnancy (at our prenatal classes and clinics) you will learn about the benefits of breastfeeding, the risks of formula feeding and how to breastfeed.

Best Welcome for Baby to the Outside World

Your baby will be dried and placed naked on your bare chest right after birth. Skin-to-skin contact provides a calm, warm place so you and your baby can bond. To respect your privacy and keep you both warm, we will provide blankets.

Learning to Breastfeed

Our Staff have special skills and are prepared to help you learn to breastfeed.

Hospital LOGO/QR Code (OPTION: pictures may be inserted to illustrate each heading)

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The Perfect Food

While in the hospital, you will be encouraged to give your baby only breastmilk. Your baby will thrive on your milk and needs nothing else.

“Rooming In”

The best way to learn to care for your baby is to keep your baby with you. Keeping your baby with you during your hospital stay will help you:

- Learn your baby’s hunger cues
- Breastfeed anytime your baby shows signs of hunger (Feeding on Demand)
- Sleep Well

We encourage your partner or helper to stay with you and your baby.

Avoid Pacifiers and Bottle Nipples

Pacifiers will not be provided by our staff. You and your baby will be learning to breastfeed. Feeding on demand gives you practice and helps your breasts to make more milk.

Going Home

You will be given information about where to get help with breastfeeding after you and your baby leave the hospital.

Contact Us

Hospital Address:

Phone:

Email:

Web:

© Adapted from “What Can I Expect from a High 5 for Mom & Baby Hospital?”. Kansas: United Methodist Health Ministry Fund. by the Wichita Continuity of Care Connections Team through grant funding in partnership with the USBC and KBC, (2014).

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