

Best from the Start, Bond from the Heart

Tips for Successful Breastfeeding

- **Breastfeed within the first hour.**
Ask for your baby to be put skin-to-skin soon after birth.
- **Room in with your baby.**
Keep your baby in your room throughout the day and night so you can get to know your baby's early signs of hunger.
- **Breastfeed on demand.**
When your baby roots, makes sucking sounds, puts fist to mouth, or is starting to wake, this is your signal to feed your baby.
- **No bottles or pacifiers.**
Bottles and pacifiers often interfere with breastfeeding and cause babies not to nurse frequently enough.
- **Breastfeed Exclusively.**
Providing only breast milk protects your milk supply and gives you and your baby time to learn how to breastfeed.

Breastfeeding, *the Baby Friendly Way*



www.dhss.mo.gov/breastfeeding

