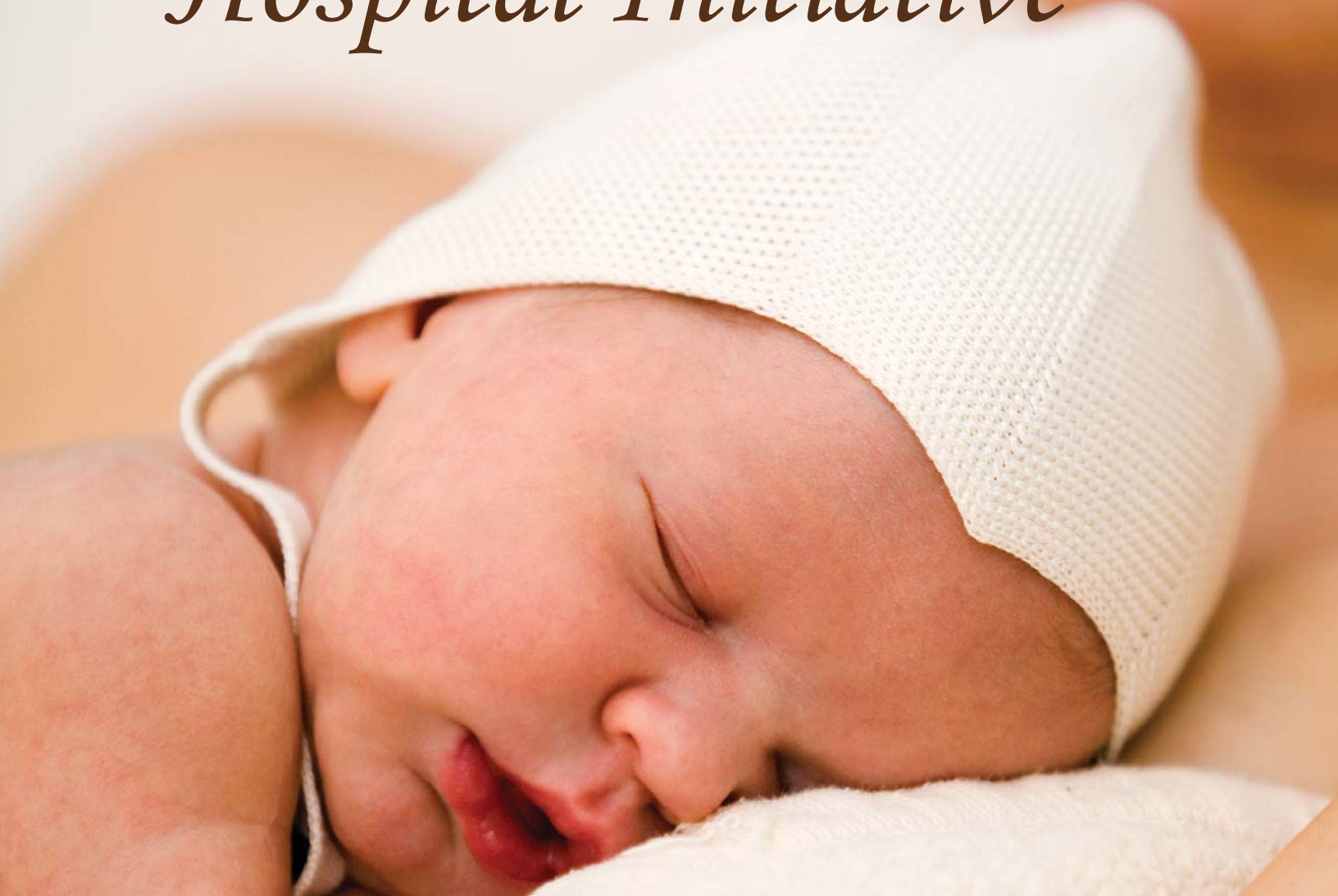


# *Show-Me 5 Hospital Initiative*



## *Taking the First Steps to Becoming Baby Friendly*

1. Initiate breastfeeding within the first hour after birth using skin-to-skin contact.
2. Rooming-in allows mothers and baby to stay together.
3. NO food or drink other than breastmilk, unless medically indicated.
4. No pacifiers or artificial nipples to breastfeeding infants.
5. Breastfeeding support provided to mothers after discharge.

