

4 Key Breastfeeding Tips You Need To Know

Breastfeeding is natural, but takes time to learn

Keep your baby skin to skin:

- Hold your baby on your chest immediately after birth for at least 1-2 hours
- Continue skin to skin as much as possible for the first few weeks
- Breastfeed or keep your baby skin to skin during newborn checks and medical tests



Feed your baby early and often

- Watch for signs your baby is hungry and follow their feeding cues
- If breastfeeding is not going well, hand express your milk frequently
- If extra milk is recommended, supplement with your expressed breastmilk first
- If formula supplementation is needed, discuss the risks and benefits with your healthcare provider

Get to know your baby

- Your baby knows your voice, scent and feels safe and calm with you
- Talk to your baby and keep them close
- Limit how much your baby is held by visitors, especially in the early days
- Wait 24-48 hours before your baby's first bath
- Avoid wearing fragrances for at least the first few days after birth



Identify your breastfeeding supports

- Make a breastfeeding plan with your partner/support person
- Talk about how to work together and who can help at home
- Connect with other breastfeeding parents
- Know where to get help in your community

My Breastfeeding Plan

Emotional and Self-Care Supports

Who can support me at home?

How can they support me?

How can I care for myself?

Community Breastfeeding Supports

Who do I know that breastfed their baby that I can talk to?

Where can I get support in my community?

Professional Breastfeeding Supports

Who can I call or where can I go if I need help with breastfeeding?

Call 311 in Halton
Call 811 to reach Health811
(TTY: 1-866-797-0007)

[www.babyfriendlyhalton.ca/
supports](http://www.babyfriendlyhalton.ca/supports)