



# I am Learning How to Breastfeed!

## **BREAST MILK ONLY**

NO Formula NO Pacifiers NO Bottles

Baby's Name \_\_\_\_\_

Mom's Name \_\_\_\_\_

Room # \_\_\_\_\_

*I belong with my mom.*

## Tips for Breastfeeding Success

- **BREASTFEED** within the first hour after birth.
- **KEEP** your baby with you and hold your baby skin to skin.
- **WATCH** for feeding cues.
- **BREASTFEED** 8-12 times in 24 hours.
- **CALL** your WIC Peer Counselor at \_\_\_\_\_

[www.breastfeedingpartners.org](http://www.breastfeedingpartners.org)

**Breastfeeding... For my baby. For me.**

*This institution is an equal opportunity provider.*