

Feeding your baby is **NORMAL**



Breastmilk is the best food for babies. A mother and her baby learn to breastfeed together. It may take time for breastfeeding to become easy. Family, friends, and your health care team can help.

Visit PhillyLovesBreastfeeding.org



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Here are a few ways to start and keep breastfeeding:

When you are pregnant:

- Learn how breastfeeding is good for you and your baby
- Tell your family, friends and health care team that you plan to breastfeed
- Visit PhillyLovesBreastfeeding.org to learn more

After you deliver your baby:

- Hold your baby skin-to-skin and start breastfeeding
- Ask your family or a friend to stay with you in the hospital
- Have your care team show you how to make latching on easier
- You know your baby is hungry when they make sucking noises or search for your breast
- Breastfeed as soon as you notice your baby is hungry
- Ask how you can remove some milk in case your breasts become full

Your first week home:

- Visit your baby's health care provider in 2 to 3 days
- Your baby will want to breastfeed 8 to 12 times in 24 hours
- You will know that your baby is getting enough breastmilk, because they will have 5 to 6 wet diapers in 24 hours
- Place your baby's crib or Pack 'N Play next to your bed so you share a room, but not your bed
- Ask for support from your family, friends, and health care team

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