Ready, Set, Baby
A guide to welcoming your new family member
Let’s get started!

**Staying healthy during pregnancy and beyond**

**Infant feeding - Find out the facts!**

**While you are at the maternity center**
- Your labor and delivery
- Skin-to-Skin
- Rooming-In
- Feeding On Cue/ delayed pacifier use

**Breastfeeding information & tips**
- Early and exclusive breastfeeding
- Benefits for mothers and babies
- Position and latch
- Making and maintaining your milk supply
- Signs your baby is getting enough milk

**Back home with your new baby**
- The first few weeks
- Preparing for other caregivers
- Just for partners
- Addressing common concerns
- Resources for support
Staying healthy during pregnancy and beyond
What have you heard about infant feeding?
Skin-to-Skin contact
Keep your baby warm and secure
Rooming-In during your stay
Feeding "On Cue"
Follow your new baby’s lead

DAY 1
= grape.
5-7ml

DAY 3
= cherry tomato.
22-27ml

DAY 7
= strawberry.
45-60ml

MONTH 1
= lime.
80-150 ml
Early and exclusive breastfeeding
Your milk and nothing else
Position and latch
Laid back position: a great way to start!
Making and maintaining your milk
Move it or lose it
Signs your baby is getting enough milk
Let's review what we've learned
These maternity practices matter. WHY?
The first few weeks
Changes for the whole family
Just for partners and loved ones
Breastfeeding is a team effort
Common concerns after you are home
Resources for support
Nationwide help at your fingertips
What questions do you have?
Nationwide help at your fingertips