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## **Ten Tips for Getting Breastfeeding Off to a Good Start**

1. Before your baby arrives take Independent (not hospital based) breastfeeding and child birth classes. The less interventions in childbirth, the more smoothly breastfeeding usually starts.
2. Read Good Books – The Womanly Art of Breastfeeding, Breastfeeding Made Simple and / or The Breastfeeding Book by Dr. Sears.
3. Plan meals a head and freeze them, organize your life before the baby comes so you have less to worry about after. The first few weeks should be dedicated to you and your baby getting to know each other and adjusting to your new lives. – Do not say NO to offers of help.
4. Ask about your hospital’s policies on “Non-Separation” and make sure if your baby needs to go anywhere you or your partner are with him.
5. Get your baby Skin to Skin immediately after birth and don’t let anyone take him before he has finished his first feeding.
6. Encourage your baby to breastfeed often in the early days and weeks by unwrapping and undressing (except diaper) every 2 hours during the day and every 3-4 hours at night. Then place them against your bare skin.
7. If the baby is not feeding well by twelve hours after birth start pumping at least 10 times a day (at least once during the night) or whenever the baby isn’t alert and active at the breast at least 8-10 times in 24 hours.
8. Avoid bottles and pacifiers at least until breastfeeding is going well, usually around 4 weeks.
9. Keep visitors to a minimum and only those who will lend a hand and be supportive (see #3), the same for the first few weeks.
10. If breastfeeding is painful, difficult or the baby’s doctor has recommended supplementation get at qualified Lactation Consultant to help you as soon as possible.