I am a Breastfeeding Baby

Breastmilk **ONLY** please.

Baby_________________________ Mom_________________________

♥ No water or other liquids are needed. ♥

<table>
<thead>
<tr>
<th>Baby Information</th>
<th>Mom Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth Weight_______</td>
<td>Date of Birth _______</td>
</tr>
<tr>
<td>Birth Length_______</td>
<td>Doctor ___________</td>
</tr>
</tbody>
</table>

5 Tips for Breastfeeding Success

1. **Breastfeed within the first hour.** Ask to comfort your baby skin-to-skin soon after birth.
2. **Room-in with your baby.** Keep your baby in your room all day and night so you can get to know and watch over your baby. This early time of practicing breastfeeding together is important.
3. **Breastfeed often, every 1 1/2 to 3 hours,** or when your baby shows early signs of hunger.
4. **Avoid using a pacifier in the first month.** Babies who use a pacifier may not nurse as often. Offer your breast at the earliest sign of hunger to give your baby as much milk as possible.
5. **Ask for a telephone number to call for help or support.** All breastfeeding questions are important, especially after you go home! Write numbers to call here:
   - Your WIC Clinic______________________ For other support______________________

Thank you for giving your baby a great start!