FIVE SIMPLE STEPS TO GET BREASTFEEDING OFF TO THE RIGHT START

1. Breastfeed within the first hour.

2. Room in with your baby.

3. Breastfeed often, every 1½ to 3 hours.

4. Avoid using a pacifier in the first month.

5. Ask for a number to call for support.

FEW THINGS ARE STRONGER THAN A BREASTFEEDING MOM.