

Breastfeeding Tips for the First Few Days



- **Hold** your baby **safely Skin-to-Skin** as soon as possible for as long as possible
- **Latch your baby often*** and whenever baby shows interest
- **Hand express*** or pump if your baby is not latching well or if you are separated

Remember, nurses are here to support you.
Ask for help when you need it.

* Breastfeeding or hand expressing within 1 hour (at the latest within 6 hours) after giving birth has been shown to increase your milk supply over the long term!