

TOP 10 TIPS FOR BREASTFEEDING SUCCESS

- 1 FIND A BREASTFEEDING-FRIENDLY PEDIATRICIAN**
Visit a few and ask their opinions on breastfeeding. Finding an advocate in your baby's healthcare provider can make a world of difference!
- 2 TAKE IT EASY THE FIRST 6 WEEKS POSTPARTUM**
Plan ahead and slow life down for a bit. Have others take care of you as you recover from childbirth, tend to the baby and establish breastfeeding.
- 3 JOIN A BREASTFEEDING SUPPORT GROUP**
Whether you go to a local in person meeting or join online groups, being around like-minded moms can be so inspiring and helpful.
- 4 LEARN HOW TO HAND EXPRESS**
Hand expression is a skill every breastfeeding mom should know how to do! It can entice your baby to latch and boost your milk supply.
- 5 MAKE SURE YOUR BABY HAS A GOOD LATCH**
The majority of problems arise from a poor latch. Get help right away if breastfeeding hurts or your baby isn't transferring milk well.
- 6 FEED FREQUENTLY**
Know the hunger cues and feed on demand. You should feed your baby at least 8-12 times every 24 hours. (every 2-3 hours or sooner!)
- 7 GET YOUR INNER CIRCLE ON BOARD**
Educate your loved ones on the benefits of breastfeeding so they'll support you and rally behind you.
- 8 REACH OUT FOR HELP A.S.A.P IF YOU NEED IT**
Most breastfeeding problems have easy solutions if you get help soon enough. Ideally find an IBCLC as they have the most training in lactation.
- 9 TAKE A BREASTFEEDING CLASS**
The biggest indicator of breastfeeding success is the amount of lactation education a woman receives. Take one in person or online!
- 10 DON'T GIVE UP ON A BAD DAY**
Breastfeeding can be demanding. If you feel frustrated and like throwing in the towel, give it one more day. Things get SO much easier with time.