

Healthy Birth

Practice #6

KEEP MOM AND BABY TOGETHER

- Immediate skin-to-skin contact helps initiate breastfeeding, helps the baby transition from the womb, and helps with mom's immediate recovery
- Rooming in with your baby in the hospital significantly increases breastfeeding success rates.

PRO TIPS:

- Advocate for the golden hour! As long as you are healthy and the baby is healthy, newborn procedures can wait for at least an hour.
- Let baby explore your breast on their own. Babies are born with the urge and instinct to latch, but they are not starving, place them next to your breast and allow them to explore and possibly latch-on on their own.

