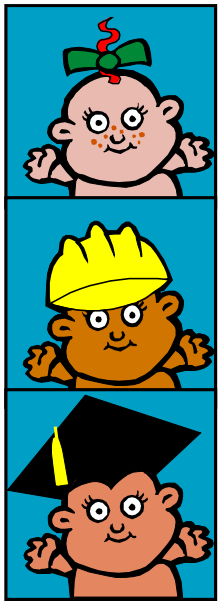


I’m a Beautiful Breastfed Baby!

Name: _____

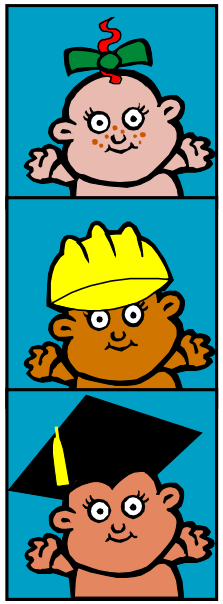
Date of Birth: _____ Head Circumference: _____

Birth Length: _____ Birth Weight: _____

Mother’s Name: _____

Mother’s Doctor: _____

Baby’s Doctor: _____



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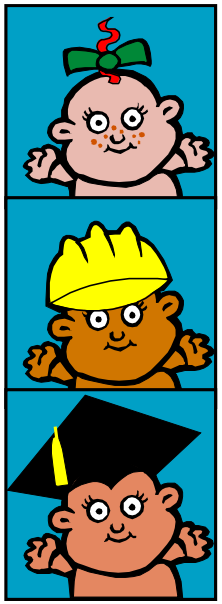

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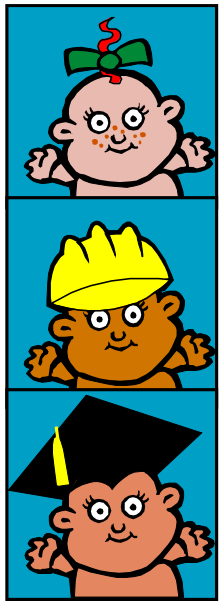

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Breastfeeding Steps for Success

- Make sure you are in a comfortable position when you nurse your baby. Be sure to bring your baby to the breast rather than your breast to the baby. Relax and sit back once your baby has latched on.
- During the first few days, the length of each feeding may vary and this is okay. Be sure to nurse at least 8 times in 24 hours.
- During the first 2-3 weeks avoid giving your baby bottles and pacifiers. Your baby is just learning how to nurse. Rubber nipples can confuse the baby in the way he sucks.
- By the end of the first week, breastfed babies should have at least 6-8 wet diapers in 24 hours. Some have bowel movements after every nursing, while others may go just twice a day. Ask your doctor if you have any questions about this.
- If you have any questions or concerns about breastfeeding, or if something does not seem right, ask a breastfeeding counselor for help.

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