



**Hold me
close.**

Hold your healthy baby right next to your skin as soon as possible after birth.

Dad can hold baby skin-to-skin too!

Babies who spend time skin-to-skin with mom:

- Stay warmer
- Breathe easier
- Cry less
- Learn to feed better
- Feel more connected to mom
- Get used to being in the world quickly!

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The first days of a baby's life are a special time for bonding and learning how to breastfeed your baby.

It takes time to learn something new and breastfeeding will be something new!

Quiet, private time is helpful to start breastfeeding and for mother's rest and recovery.

We are here to help if you have questions or worries!



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Photo: Grandmother Alicia Velasco helps Aymme Marquez with breastfeeding her baby Dairr Adamarism Marquez.
Photo Credit: Deanna Lopez for GRMC ©2012
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**Give me
some time
to learn.**





Your Milk is all I need!

Give only breast milk for the first 6 months of your baby's life — no other food or drink is needed!

After you start solid foods continue breastfeeding until your baby is at least 1 year old.

- Baby tells mom's body to make enough milk by eating well and often.
- If you give a baby formula, your body might not make enough milk.
- Breasts aren't bottles, they're never really empty.



Photo: Julianna Sites
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Healthy babies and moms belong together, **rooming-in.** “Rooming-in” means the baby stays in the mother’s hospital room with hospital caregivers watching over both mom and baby.

When babies room-in:

- They cry less
- They are comforted by their parents’ faces and voices
- Parents learn how to care for their baby and feel more confident when they go home
- Mother and baby sleep better
- Mother’s milk comes in sooner
- Breastfeeding is more successful

Keep your healthy baby by your side during your time in the hospital.



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**I want
to stay
with you.**



Photo: Marisa Marshall rooming-in with her daughter Kylynn Marshall.
Photo Credit: Deanne Lopez for GRMC ©2012
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Photo: M. Rossbach, iStockphoto
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**Watch me,
I'll tell you when it's
time to eat.**

Feed your baby
as soon as any
signs of hunger
are present.

If your baby is awake,
putting hands to mouth,
licking lips and making
sucking sounds,
it's time to eat!

- There's no need to schedule feedings or watch the clock.
- When your baby is hungry and has to wait to eat, your body might make less milk.



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**Let me
learn to
breastfeed
first!**

Using a bottle nipple or a pacifier is different for a baby than breastfeeding.

- Many babies have difficulty learning about both breastfeeding and bottle feeding. Babies can come to choose bottles over the breast.
- Breastfeeding often helps a woman's body to know how much milk to make.
- Giving a bottle or a pacifier in the early days can confuse the body about how much milk to make.

Let your baby learn to breastfeed well before giving a bottle or pacifier.



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