

21 Steps to successful breastfeeding



- 1** Talk to family and friends about your breastfeeding goals while you are still pregnant
- 2** Take a breastfeeding class so you understand exactly how breastfeeding works
- 3** Find successful breastfeeding mothers to be friends with. Watch them breastfeeding their babies
- 4** Try to birth at a mother-baby-friendly facility
- 5** After birth, place baby immediately skin to skin on mom's chest or abdomen
- 6** Let your baby go through the nine instinctive stages. Be on baby-time and leave baby skin to skin on mom's chest uninterrupted
- 7** Don't rush your baby to the breast – your baby is hard-wired to know how to breastfeed – he will latch when he is ready to suckle
- 8** Have baby skin to skin 24/7 as much as possible for the first 3 to 4 months
- 9** Learn your baby's feeding cues
- 10** Feed with baby's cues rather than a schedule
- 11** Let your baby lead the feeding - they know when they are hungry and when they are full
- 12** There is no "best position"- each mom and baby will find their most comfortable position
- 13** When latching baby – have tummy to mummy
- 14** Nipple should be at the nose
- 15** Hold baby behind the neck and don't touch the back of his head while feeding
- 16** Bring baby to the breast not the breast to the baby
- 17** Mom sit back, deep breaths, relax into the feed
- 18** Do not limit nursing times
- 19** Only give breast milk (nothing else is needed)
- 20** Breastfeeding should not be painful, if breastfeeding hurts, ask for help
- 21** Find lactation consultants near you
www.expectantmothersguide.co.za

