



Congratulations on your pregnancy! Becoming a parent is a fun and exciting time. You will hear a lot about the benefits of breastfeeding and will hopefully be able to attend a class that teaches you all the different tips and tricks for successful breastfeeding. Knowing the *how's* and *why's* of breastfeeding is the most important thing you can do to have breastfeeding success.

Getting off to a good start right from the birth of your baby will help you achieve this success. The Nevada Department of Health and Human Services is working with Nevada hospitals to implement a program called "Nevada Baby Steps to Breast feeding success". These steps have been proven to help keep babies breastfeeding longer.

- 1. INITIATE BREASTFEEDING WITHIN THE FIRST HOUR AFTER BIRTH.** Newborn babies are ready to feed as soon as they are born. Holding baby skin-to-skin on your chest helps you and baby get to know each other and gives baby a chance to practice feeding at the breast.
- 2. AVOID GIVING INFANTS FLUIDS OR SOLIDS OTHER THAN BREAST MILK UNLESS MEDICALLY NECESSARY.** Breast milk is the only food that newborns need. Giving water or formula can make baby's tummy hurt or cause allergies. Your doctor will let you know if the baby needs something other than your milk.
- 3. PROMOTE 24-HOUR ROOMING IN, ENCOURAGING THE FAMILY TO RECOGNIZE AND RESPOND TO INFANT'S CUES.** It's better for you and your baby to stay together. New parents need to be with their babies to get to know each other.
- 4. DO NOT USE A PACIFIER OR ARTIFICIAL NIPPLE WITH INFANTS DURING THE HOSPITAL STAY.** Babies don't need pacifiers. Pacifiers can make babies sleepy, which leads to missed feedings and slow weight gain. In the first six weeks, the baby should do all the sucking at the breast, so you are able to build a great milk supply.
- 5. REQUEST A LIST OF RESOURCES TO CALL FOR HELP WITH BREASTFEEDING AND REVIEW THE LIST WITH YOUR CARE PROVIDER.** Babies don't come with instructions, so it's important to know where to turn for help. Your hospital will review a list of places in your area where you can turn to for help.

Each step makes a difference. If you miss a step, don't give up! Be proud of what you are doing and remember the Nevada Department of Health and Human Services' Breastfeeding Support Program is here to help you every step of the way!

FOR BREASTFEEDING HELP, CALL THE NATIONAL BREASTFEEDING HELPLINE AT 1-800-994-9662 OR VISIT www.womenshealth.gov/breastfeeding/

