

## Breastfeeding Tip

### 3 ways to get a good start:

- **Hold your baby skin-to-skin** on your bare chest as soon as possible after delivery. Your baby will feel warm and calm being close to your heartbeat.
- **Breastfeed in the first hour after delivery.**  
This tells your body to start making milk.
- **Breastfeed often, every 1 to 3 hours.**  
Keep your baby close and watch for signs of hunger. At first, your baby will drink tiny amounts of milk very often.

— **Breastfeed early and often** —  
*to make plenty of milk  
for your baby.*



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