



# Breastfeeding: Getting Started

## Getting started at birth

- Put your baby to the breast in the first half hour after birth.
- Hold baby with her skin next to your skin.
- Baby's body faces your breast.
- Latch (put baby's mouth onto nipple) when mouth is wide open.



## Getting going with breastfeeding

- Get comfortable - pillows help.
- Sit in a comfortable chair with arms or lie down.
- Unwrap the baby, hold the baby on her side, next to your skin.
- If you hold your breast, place fingers close to your chest.
- Touch the baby's lips with your nipple to help her open her mouth wide.
- Bring the baby close to you.
- Give no food or drinks other than breastmilk.  
Your baby does not need anything but your milk.
- Do not give a pacifier (soother) to your baby.
- Feed your baby frequently, 24 hours a day.



## Give lots of feedings - at least 8 or more each day

- Helps baby learn to breastfeed.
- Helps you make lots of milk.
- Makes baby comfortable.
- Baby does not need water or formula if she is feeding well.



## Breastfeeding should be comfortable

- If your breast or nipples hurt, get help so your baby can learn to breastfeed well.

# Breastfeeding Positions

Cradle Position



Modified Cradle Position



Football Position



Lying Down



**Other information on parenting are available at your local Community Health Office/Centre or online at <http://vch.eduhealth.ca>**

You can get further information about breastfeeding from:

Public Health Nurse or Community Nutritionist at Vancouver Coastal Health.....[www.vch.ca](http://www.vch.ca)

Baby's Best Chance.....<http://www.health.gov.bc.ca/children/initiatives/bbc.html>

Dial-a-Dietitian - Services available in 130 languages.....604-732-9191

[www.dialadietitian.org](http://www.dialadietitian.org).....Toll free 1-800-667-3438

HealthLink BC - Speak with a nurse, pharmacist, or dietitian.

Services available in 130 languages

[www.healthlink.bc.ca](http://www.healthlink.bc.ca).....811

For deaf and hearing-impaired assistance (TTY), call.....711

Concept courtesy of the BC Baby-Friendly Initiative

For more copies, go online at <http://vch.eduhealth.ca> or email [pheh@vch.ca](mailto:pheh@vch.ca) and quote Catalogue No. **GK.560.B742**

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