



FIVE SIMPLE STEPS TO GET BREASTFEEDING OFF TO THE RIGHT START

1 Breastfeed within the first hour.

2 Room in with your baby.

3 Breastfeed often, every 1½ to 3 hours.

4 Avoid using a pacifier in the first month.

5 Ask for a number to call for support.



FEW THINGS ARE STRONGER THAN A BREASTFEEDING MOM.





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To submit a request, please call 1-800-841-1410 (TDD/TTY 711).