

## Breastfeeding Education Topics for weeks 12-16



### What is the Golden Hour?

The Golden Hour is the first hour of your baby's life. This is a great time for you and your baby get to know each other! Your baby is placed tummy down on your bare chest (this is called "Skin to Skin") and is then covered with blankets. This Skin-to-Skin contact provides your baby with a warm, safe place to transition to life outside the womb. This is also the perfect time to initiate breastfeeding.

#### *Benefits of Skin to Skin:*

- ✓ Promotes bonding between parent and baby
- ✓ Keeps baby warm
- ✓ Calms baby and mother
- ✓ Recognize feeding cues and get baby latched on sooner

We recommend that partners hold baby Skin to Skin, during your hospital stay and at home too!

### Baby's First Feeding

We encourage newborns to breastfeed within one hour of birth (unless a medical reason prevents this). Infants who breastfeed within one hour tend to suck better and feed longer.

### Rooming- In

Rooming- In means your baby will stay in your room with you 24 hours a day.

#### *Benefits of Rooming- In*

- ✓ Learn your baby's feeding cues
- ✓ Bring baby to the breast sooner
- ✓ Help to learn how to care for your baby
- ✓ Helps your baby to learn to recognize and depend on you

