

Right from the Start: Feed Your Baby Only the Best

The American Academy of Pediatrics, World Health Organization, and US Centers for Disease Control all say that how you start off feeding your baby is very important.

For healthy, full-term babies, exclusive breastfeeding is best

- Baby's first feeding should be at mom's breast
- All feedings in the hospital should be at mom's breast
- No formula, unless there's a specific, documented medical need
- No pacifiers: a newborn's sucking energy should be spent at mom's breast

How you feed your healthy, full-term baby is your decision

You can tell the doctors and nurses:

- you want to breastfeed your baby every time he seems hungry
- you don't want your baby to get formula unless they tell you the medical reason
- you want help with breastfeeding, not formula for your baby

Most doctors & nurses strongly support exclusive breastfeeding, without formula

But some providers don't know the newest recommendations on breastfeeding
They may suggest formula "so mom can get some rest", or "just in case"
It's okay to refuse these suggestions unless there's a medical reason for formula

It's a fact:

Exclusive breastfeeding helps babies stay healthy
Formula increases the risk of ear infections, diarrhea, colds, pneumonia and obesity
Combining breastfeeding with formula is not as good as exclusive breastfeeding

Tear off the note below, and put it with the crib card in your baby's bassinet, as a reminder to the staff

Mom and I are learning to breastfeed. **Bring me to mom when I'm hungry:**
NO formula, NO water, NO pacifiers please!

Name: _____ __boy__girl Room #: _____

Date of Birth: _____ Time of Birth: _____

Weight: _____pounds, _____ounces

Length: _____inches

Right from the start, I want only the best!

Thanks!

