Nourish!
The power of your milk.

☑ LEARN HOW TO BREASTFEED ☑ LEARN HOW TO HAND EXPRESS

1

GET COMFORTABLE

Lie back so you are semi-reclined. Use pillows to get comfortable. If baby is upset, calm baby first.

2

HOLD BABY CLOSE

Hold baby on your chest skin to skin. Baby should not have to turn his head to reach your breast.

3

NOSE TO NIPPLE

Support baby's shoulders so his/her head tilts back and his nose points toward your nipple.

4

OPEN WIDE

Wait until baby's mouth opens wide, like a yawn. Then bring baby in close to latch.

5

CHECK FOR A GOOD LATCH

If baby is latched well, it won't hurt or pinch and you'll be able to see or hear baby swallow.

6

ASK FOR HELP

Your breasts may be a little tender at first. If you feel pain, ask your nurse for help!

How to Know If Your Baby is Latched Well

- Baby's chin is against your breast and his/her lips are spread out like 'fish lips.'
- You can see more of the dark part of your nipple above baby's mouth than below.
- You can see or hear baby swallowing.

A good latch helps breastfeeding feel more comfortable. If it hurts, ask your nurse for help so it can get better quickly.

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Forever Bond

Breastfeeding is one of the most precious ways to enjoy being close to your baby. There's no greater feeling as a mom than knowing you are helping your baby grow and become healthy with your milk. It's a gift that lasts a lifetime!

How to Hand Express Milk

Expressing your milk helps you make more milk and keeps you comfortable. It's easy to learn!

1. **Apply a Warm Compresses**
   Place a warm towel over your breasts to help the milk begin to flow.
2. **Gently Massage**
   Use your fingertips to massage all around your breasts. This helps your milk flow.
3. **Place Fingers Opposite Each Other**
   Place your thumb above the dark area of your nipple and your index finger below.
4. **Roll Toward Your Nipple**
   Press your fingers back toward your chest wall. Roll them toward your nipple.
5. **Rotate & Repeat**
   Move your fingers around to find the "sweet spot" where milk flows best.

How You (Her Champion) Can Help Mom!

As mom's champion, you play a crucial role in helping breastfeeding work. Though mom is the one who feeds the baby, she and baby need you for everything else!

- **Learn from the lactation consultant** so you can help mom when you're home.
- **Help mom get ready**. Calm the baby, or make warm compresses so her milk will flow better.
- **Keep track of wet and dirty diapers**. Baby needs at least three dirty diapers per day by day three.
- **Feed the baby** with mom's expressed milk. It's easy! You can use a spoon or a dropper to feed extra milk to baby.

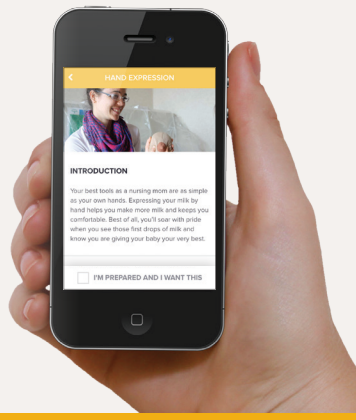
Make Sure Baby is Getting Enough Milk

- **Count wet and dirty diapers and look for:**
  - Day 1 – at least 1 wet & 1 dirty
  - Day 2 – at least 2 wet & 2 dirty
  - Day 3 – at least 3 wet & 3 dirty
- **Nurse until baby stops on his/her own**
- **Feed at least 8-12 times every 24 hours**

Your Visual Guide

Use your Coffective app to see photos of other great ways to make sure you have plenty of milk.

Don't have the app?
Just search the app store for "Coffective" and get started!



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