1. Learn as much as you can about breastfeeding before you have your baby.

2. Learn how to express milk from your breasts during the last few weeks of pregnancy, unless you have been told to restrict any activities that might cause contractions of the uterus.

3. Work hard to give birth without pain medications and ask your doctor/midwife and the nurses to help you.

4. Ask your doctor/midwife to delay clamping the cord for at least 3 minutes. Your baby will be staying warm next to your skin during this time.

5. The first hour is critical! Focus completely on feeding and keeping your baby warm.

6. Keep your baby warm with continuous skin to skin contact.

7. Ask the nurses to leave your baby next to you until s/he has breastfed.

8. Ask the nurse to not weigh the baby or take the baby away for any care until the baby is warm and fed - at least one hour. Much of the baby's care can be done while you hold and breastfeed.

9. Eliminate or delay any bathing of the baby for at least 12 hours.

10. Expect the baby to suck and sleep/rest off and on during the first few hours. Keep the baby next to you so you will know when your baby needs you. FEED EARLY! FEED OFTEN!

11. If your baby isn't sucking well, express a few drops of milk into a spoon and feed those to your baby.

12. Remember, you have just the right amount of milk for your baby.

13. Don't give a pacifier or any bottles in the hospital. If you are told your baby needs some extra milk for a medical reason, first try expressing extra milk and give with a spoon. This is often all your baby needs.

14. Formula is cow milk and should only be used for treatment of a medical condition and only if you can't get your own extra milk or donor milk is unavailable.

15. Just one bottle of formula can change:
    a. How your baby sucks
    b. How much milk you make
    c. How your baby's tummy feels

16. The secret to successful breastfeeding? MOVE MILK! MOVE MILK!

17. Get help when you need it. Don't quit, and remember, MOVE MILK!