

What can I expect from a High 5 for Mom & Baby Hospital?

- 1 Skin-to-skin right after birth.** Your baby will be placed on your chest right after birth so you and baby can bond. Sometimes babies find the breast and nurse.
- 2 Nothing but breastmilk.** Your baby will thrive on your milk and needs nothing else.
- 3 "Rooming in".** Your baby will stay with you in your room so you can learn your baby's routine. You will see hunger cues and hold your baby at will. Encourage your partner or a helper to stay with you and baby.
- 4 No pacifiers or bottle nipples.** Your baby needs to learn how to nurse at the breast. Put your baby to your breast to practice sucking often. Both of you get practice and more nursing helps your breasts make milk.
- 5 Breastfeeding resources.** You will be given information for breastfeeding support in your community. It might be a breastfeeding clinic, a La Leche League group, or the health department. Find others to talk with and ask for help if you need it. You and baby are learning together.

Websites for more information:

www.high5kansas.org
www.breastfeedingbasics.com
www.bestforbabes.org
www.biologicalnurturing.com
www.breastfeeding.com
www.cdc.gov/breastfeeding
www.ksbreastfeeding.org
www.kansaslll.org
www.kellymom.com
www.usbreastfeeding.org
www.womenshealth.gov/breastfeeding
www.womenshealth.gov/itonlynatural



Learn to hand express breastmilk:

Hand expression can help increase your breastmilk supply and is easy. To learn more about hand expression, view this website: www.high5kansas.org/handexpression

Hospital Contact Information

Community Contact