

PLAN FOR BREASTFEEDING SUCCESS



A FEW IDEAS TO HELP YOU AND YOUR BABY
GET OFF TO A GOOD START BREASTFEEDING

Room-in
with baby

Ask for help to
evaluate latch,
position, and feeding

Learn how to **hand express**
breastmilk - doing this
early and often can improve
long-term milk supply

Avoid pacifiers,
bottles, and formula,
unless medically
necessary

Keep baby
skin-to-skin after
birth to begin first
feeding and beyond

Limit
visitors

Discuss your plan with your
breastfeeding peer counselor, doctor, and support person.



MARYLAND
1-800-242-4942
www.mdwic.org

Adapted from South Dakota WIC



Maryland
DEPARTMENT OF HEALTH

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