



Bumps in the Road Predictable ?



Coadmap to Breastfeeding Success Help, Understanding, Guidance for young families

Prenata

- Attend breastfeeding and Prepare for the joys of breastfeeding
- Identify personal & professional support childbirth classes
- Consider medical issues that may impact breastfeeding
- View HUG video and Why Choose to Breastfeed?



- Celebrate baby's arrival!
- Embrace your reasons to breastfeed
- Bring baby to breast in first hour & practice skin-to-skin
- Provide only breastmilk 8-10 times a day
- Watch for early signs of hunger
- Delay use of bottles, pacifiers & swaddling until breastfeeding is well established



Six Months

- Laugh & dance with baby!
- Latch carefully to avoid biting

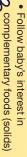
Celebrate a year of

Ine Year

learning & success!

Expect temporary

- Take tired, bored or
- satisfied baby off breast



Practice nighttime

baby learns to walk sleep disruption as

comforting

techniques

Anticipate new joys

and challenges in

the upcoming year



Connect with working. Cuddle up when first Learn your Fine tune your breastfeeding mothers pumping plan breastfeeding rights home!





- Anticipate distractibility
- Notice baby's efforts to roll over during breastfeeding
- Discontinue swaddling

Practice calming

techniques

increased crying

Savor moments of

Ine Month

connection!

 Notice Active/Light & Still/Deep sleep

Anticipate a growth spurt

Anticipate temporary

Delight in your succes

- Delay complementary foods (solids) until 6 months
- Expect a new growth spurt Review Bumps in the Road

Anticipate that breasts may no

longer feel "full" and "empty"

proteins change

Expect fewer stools as breast milk



Nine Months

- Enjoy baby's attachment to you!
- Watch for stranger anxiety
- Anticipate temporary sleep disruptions
- Consider nighttime comforting techniques
- Recall Bumps in the Road



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