



# Getting Breastfeeding off to a Good Start



## In labour ward

Early skin to skin helps calm your baby however you choose to feed making them feel safe and nurtured



The 1st hour after birth when your baby is in uninterrupted skin to skin helps your baby learn to attach at the breast

## The first 24 hours – one day at a time

Keeping your baby close helps you learn feeding cues - find out more here:



Early Clues  
This means "I'm hungry"



Stirring



Mouth Opening



Turning Head

Mid Clues  
This means "I'm really hungry"



Stretching



Physical Movement



Hand to Mouth

Feed Me  
This means "I'm really upset"



Crying



Agitated



Turning Red

Good attachment at the breast helps make breastfeeding easier - find out more here:



## Early common breastfeeding challenges



If your baby is sleepy do lots of skin to skin and express some colostrum - find out more here:



You can learn more about common early breastfeeding challenges and solutions here:

