

When you check into the hospital, be sure to have this card with you, along with other important paperwork and any materials from your Peer Counselor.

- **Exclusive Breastfeeding**
Please do not give my baby any formula, water, or glucose water before speaking to me or my partner.
- **No Bottles or Pacifiers**
Please do not give my baby artificial nipples. This includes pacifiers or any type of bottle.
- **Skin to Skin**
During my stay, I want to hold my baby skin-to-skin as much as possible.
- **Rooming In**
I would like my baby to be with me 24 hours a day to give my baby plenty of skin-to-skin time and so I can learn my baby's feeding cues and feed him at his first signs of hunger.

- **Breastfeeding Assistance**
Please help me initiate breastfeeding within the first hour of my delivery. Make sure my baby's latch and position are good. Remind me of my baby's early hunger cues and how to tell if my baby is breastfeeding well.
- **Breast Pumps**
If my baby is unable to breastfeed or is separated from me for medical reasons, I want to use a breast pump as soon as possible. If I need to pump longer than my hospital stay, please remind me to call my local WIC office.
- **Discharge Bags**
Please do not give me a discharge bag that has formula or information on formula. Instead, praise me for breastfeeding and giving my baby the best nutrition.

I request that these guidelines be supported as long as it is medically safe for me and my baby:

I'm breastfeeding!

Baby's Name _____



Please DON'T give my baby:

- Bottles
- Glucose Water
- Formula
- Pacifiers
- Water

If I am unable to answer questions about my feeding plan, please speak with my birthing partner.

