## STEPS TO SUCCESSFUL BREASTFEEDING

<table>
<thead>
<tr>
<th>Step</th>
<th>Instructions</th>
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<tbody>
<tr>
<td>1.</td>
<td>Attend a prenatal breastfeeding class. If possible, bring a support person with you.</td>
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<td>2.</td>
<td>Tell everyone in your family that you are breastfeeding.</td>
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<td>3.</td>
<td>Notify your nurses and doctors that you are breastfeeding.</td>
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<td>4.</td>
<td>Keep your baby skin-to-skin, next to your heart, immediately after delivery.</td>
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<td>5.</td>
<td>Watch your baby find your breast and start breastfeeding for the very first time.</td>
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<td>6.</td>
<td>Keep your baby in your hospital room with you all the time.</td>
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<td>7.</td>
<td>Watch for hunger cues and breastfeed your baby often. Your baby may want to breastfeed 8-12 times in 24 hours.</td>
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<td>8.</td>
<td>Do not offer your baby formula. Only breastmilk is recommended the first 6 months of life.</td>
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<td>9.</td>
<td>Pacifiers should not be given to breastfeeding babies the first four weeks of life. Learn other ways to comfort your baby.</td>
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<td>10.</td>
<td>Ask questions, and ask for help if you are experiencing pain with breastfeeding.</td>
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## BREASTFEEDING RESOURCES

Our Lactation consultants are available to guide and encourage new moms through the joys and challenges of breastfeeding. Call for more information about:

* Prenatal breastfeeding classes
* Outpatient appointments
* Breastfeeding support groups

### Truman Medical Center Hospital Hill
2301 Holmes  
Kansas City, MO 64108  
816.404.0474

### Truman Medical Center Lakewood
7900 Lee’s Summit Road  
Kansas City, MO 64139  
816.404.8260

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*Truman Medical Centers is committed to encouraging breastfeeding as the ideal method for feeding and nurturing newborns.*

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“It’s rewarding to teach a new mom how to breastfeed. Their faces light up when they see they can really do this for their baby.”  

-TMC Nurse
Benefits of Breastfeeding

**BENEFITS FOR BABY**
- Less ear and respiratory infections
- Easier to digest
- Less allergies
- Decreases the risk for SIDS
- Higher IQ
- Less risk for obesity

“All babies are born to breastfeed.”

**BENEFITS FOR MOM & FAMILY**
- Saves time and money
- Get back to your pre-pregnancy weight faster
- Decreases risk for breast and ovarian cancer
- Creates a strong mother and child bond

Join us for free monthly breastfeeding classes at Truman Medical Centers. Call Lactation Services for more information.
- Hospital Hill: 816-404-0474
- Lakewood: 816-404-8260

“'It's something only I can do for my baby.””
- new Mom

“'I'm so proud of her for breastfeeding; this is so good for our baby.””
- new Dad

**BENEFITS FOR SOCIETY**
- Saves on healthcare costs
- Less time off work for sick babies
- Better for our environment