

Eight Steps to Successful Breastfeeding

1. **Take A Class**-learn the why's, how to's, what if's and normal newborn behaviors. Our class will also give you plenty of resources for more help. Even if you can't attend the traditional class, you can still learn with the "Prenatal Class At Home" series.
2. **Read, Read, Read**-use reputable sources for breastfeeding information rather than advertising materials. Look for consistent, supportive information by qualified authors.
3. **Build Your Support**-educate your postpartum help while you are learning; from dad to grandma. If you are using a nanny, doula, or childcare provider, make sure they have accurate, up to date knowledge as well
4. **Identify Your Resources**-where can you find an LC, a pump, a support group? Is there anyone close to you who had a positive breastfeeding experience and is willing to help?
5. **Set Goals**-Short term goals such as a month or two starting off are easier to manage rather than trying to think long term in the beginning. As you meet your goals, you can then set new ones!
6. **Talk To Caregivers**-Let your doctors and nurses know that you want help with breastfeeding. In the hospital, ask to see a Lactation Consultant, especially if you are having problems.
7. **Take It Easy On Yourself**-The first few weeks of parenthood are tough on everyone, regardless of feeding choices. Allow yourself time to learn your new role, and to recover from the birth. It definitely will get easier.
8. **Enjoy The Baby**-That's really the point isn't it?