



Breastfeeding Your New Baby

What to Expect From a High 5 for Mom & Baby Facility

Our facility knows breastfeeding plays a crucial role in the overall health of babies and mothers. That's why we're recognized by the High 5 for Mom & Baby program, which allows Kansas hospitals and birth centers to demonstrate their commitment to infant and maternal health by supporting breastfeeding success. To learn more about the program and which facilities participate, [visit www.high5kansas.org](http://www.high5kansas.org).

HOSPITAL INFO
TO GO HERE

PREPARING TO FEED YOUR BABY

Our facility is committed to helping women in their efforts to breastfeed successfully. Our staff is trained, and we have policies in place to help you meet your breastfeeding goals. Ask about prenatal breastfeeding classes.

SKIN-TO-SKIN BONDING

Your baby will be dried and placed naked on your bare chest immediately after birth. This skin-to-skin contact is both calming and warming for your new baby, and helps you form an important bond.

LEARNING TO BREASTFEED

Our staff have special skills and are prepared to help you learn to breastfeed.

THE PERFECT FOOD

While in our facility, you will be encouraged to only feed your baby breastmilk. This is all your baby needs, and will thrive from this powerful, perfect food.

ROOMING IN

We encourage you and your baby to stay together while you're in the hospital. This helps you learn your baby's hunger cues, and helps you breastfeed as soon as your baby shows signs of hunger. Research shows moms and babies who room in sleep more and with better quality.

NO PACIFIERS OR BOTTLE NIPPLES

Pacifiers will not be given in the facility. We encourage you to wait until breastfeeding is well established before providing your baby a pacifier or artificial nipple. This encourages you to feed on demand and helps you make more milk.

BEFORE YOU LEAVE

You will be given information about where to get help with breastfeeding after you and your baby leave our facility.

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TO GO HERE**