



Baby's Name _____
 Parent's Name(s) _____
 Birth Date _____ Time _____
 Birth Weight lbs _____ ozs _____ gms _____
 Birth Length in _____ cm _____
 Head circumference cm _____
 Doctor/Midwife _____

LOOK INSIDE FOR INFO ON CARING FOR YOUR NEW BABY

Hold your baby skin-to-skin safely

For safe skin-to-skin make sure baby...

is upright, chest to chest
 has their arms and legs bent
 has their neck straight, not bent
 can move their head freely
 has head turned to one side
 face can be seen
 has nose and mouth uncovered
 is held securely and cannot fall

If you are sleepy, put baby in their own bed positioned on their back.

Free Supports and Services

Public Health Nurses are available to support you:

- ✓ Health Connection telephone support
- ✓ Breastfeeding Support Groups In-Person and Online

For more information about caring for your baby call Health Connection at **705-721-7520** or **1-877-721-7520**

Breastfeeding Information and Services:

www.smdhu.org/Breastfeeding

Discharge Information:

www.smdhu.org/Postpartum

Infant Feeding:

www.smdhu.org/FormulaFeeding

**Barrie
 Collingwood
 Midland
 Muskoka
 Orillia
 South Simcoe**

Health811

Telephone breastfeeding support 24 hours a day, 7 days a week.

**Call 811 or
 TTY: 1-866-797-0007**

Taking care



Taking care of yourself and your baby is important. You may find that you want or need more help.





Me

- ☐ I am getting enough rest.
- ☐ I know that crying or feeling weepy can be normal for the first 2 weeks.
- ☐ I know where to ask for help and will when needed.

Baby

- ☐ I am getting more confident and comfortable feeding my baby.
- ☐ I know how to recognize and respond to my baby's early feeding cues: stirring, moving arms, mouth opening, yawning or licking, hand to mouth movements, turning head and rooting.
- ☐ I know where to get help with feeding my baby.
- ☐ I know it is normal for my baby to feed often.

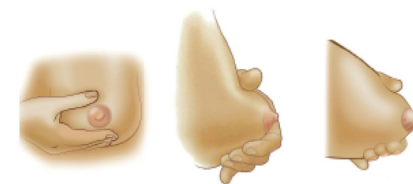
Signs that feeding is going well

Days Old	1	2	3	4	5	6	7	8
How Often?	At least 8 or more feeds in 24 hours. Your baby is sucking strongly, slowly, steadily and swallowing often.							
Tummy Size	Size of cherry 	Size of walnut 	Size of apricot 	Size of an egg 				
Stool Appearance	At least 1 to 2 BLACK OR DARK GREEN		At least 3 BROWN, GREEN OR YELLOW		At least 3 large and soft YELLOW (Breastfed)			
Diapers	At least 1 WET	At least 2 WET	At least 3 WET	At least 4 WET	At least 6 HEAVY WET			
Weight	Most babies lose a bit of weight in the first 3 days.				From day 4 onwards, most babies gain weight regularly.			

Hand express your milk early and often

7 Steps to Hand Expression:

1. Wash your hands.
2. Gently massage your breast.
3. Place your fingers and thumb behind the areola in a "C" shape.
4. Press back towards your chest. Compress your fingers together and towards the nipple.
5. Collect drops of milk to feed your baby or store for later.
6. Repeat (press back, compress, relax) and move around your breast.
7. Switch breasts and repeat.



Picture and table adapted with permission from the Best Start Resource Centre