Maternity Passport

Seton Healthcare Family
**Our mission** inspires us to care for and improve the health of those we serve with a special concern for the poor and the vulnerable. We are called to be a sign of God’s unconditional love for all and believe that all persons by their creation are endowed with dignity. Seton continues the Catholic tradition of service established by our founders: Vincent de Paul, Louise de Marillac and Elizabeth Ann Seton.

**TABLE OF CONTENTS**

Welcome to Maternity Services: Special Rooms ........................................... 4
Photography and video cameras ................................................................. 5
Visitors ........................................................................................................ 5
Infant Security ........................................................................................... 5
YOUR PREGNANCY .................................................................................. 6
Classes and Tours ....................................................................................... 6
HOW TO HAVE A HEALTHY PREGNANCY ........................................... 7
Prenatal Care ............................................................................................. 7
Healthy Eating During Pregnancy ............................................................. 7
Physical Activity ....................................................................................... 7
Alcohol Use During Pregnancy ................................................................ 7
Smoking When You are Pregnant ............................................................. 7
CHECKLIST FOR PREGNANCY ................................................................ 8
During your 3rd to 4th month of pregnancy ............................................. 8
During your 5th to 6th month of pregnancy .............................................. 8
At least a month before your due date ................................................... 8
PREPARING FOR YOUR BABY ................................................................ 9
Choosing a Car seat .................................................................................. 9
Register for a car seat safety education class ......................................... 9
Cardiopulmonary Resuscitation (CPR) ................................................... 9
YOUR HOSPITAL STAY ........................................................................... 10
Pre-registration ....................................................................................... 10
Payment ..................................................................................................... 10
Insurance for your baby ......................................................................... 10
Insurance Pre-certification ..................................................................... 10
WHAT TO EXPECT AT THE HOSPITAL ............................................... 11
Arrival to the Labor Unit ......................................................................... 11
Delivery ................................................................................................... 11
Postpartum Recovery .............................................................................. 11
Consent Forms ......................................................................................... 11
YOUR NEW BABY .................................................................................... 12
Preparing to go Home ............................................................................ 12
BREASTFEEDING .................................................................................. 13
Benefits of Breastfeeding ....................................................................... 13
Tips for Nursing Mothers in the First Few Days .................................... 14
DELL CHILDREN’S AND YOUR CHILD .................................................. 15
Congratulations on your Pregnancy and Welcome to Seton Healthcare Family

We are pleased that you have chosen the Seton Healthcare Family for the birth of your baby. The experienced staff at each location is committed to helping you achieve a memorable birth experience. We offer attentive and personal nursing care, on-going patient education and a family-centered approach. Our maternity services are available at:

- Seton Medical Center Austin
- Seton Southwest Hospital
- Seton Medical Center Williamson
- Seton Medical Center Hays

As part of our maternity services, we offer you the expertise of our staff, and this Passport, your guide to our maternity services.

Thank you again for choosing Seton for the birthplace of your baby. We think you will be pleased with the expert care we give our new parents and babies. We look forward to serving you.

Welcome to Maternity Services: Special Rooms

**LDR Delivery Suites** — Each Labor/Delivery/Recovery (LDR) room is designed with a birthing bed, a recliner or sofa bed for your support person, a television, and telephone. A private bathroom with a shower is also conveniently located in every LDR room. The LDR rooms are fully equipped to accommodate women who plan to have a vaginal delivery.

**Cesarean Delivery Room** — If you require a cesarean delivery, you will be moved from the labor room to a special surgical delivery room. The surgical delivery rooms are conveniently located near the Labor and Delivery unit.

**Mother/Baby Rooms** — Postpartum Mother/Baby rooms provide more privacy and fewer interruptions from the close medical monitoring that is necessary in Labor and Delivery. A new mother and her support person are able to room-in with baby. Mothers are encouraged keep their baby in their room at all times (as long as mother and baby are healthy and have no complications). Each room has a bathroom, television and telephone with a direct dial phone number. The nurturing staff is available for mother and baby when needed. All of our nurses are trained to attend to all your mother, baby and basic breastfeeding education needs. Lactation Consultants (breastfeeding attendants) are also available to assist with special breastfeeding concerns.

**Neonatal Intensive Care Units (NICUs)**

- **LEVEL III NICUs** - Each of our Level III NICUs is staffed by physicians (neonatologists), nurse practitioners, nurses and respiratory therapists who are specially trained to care for premature and critically-ill newborns. These healthcare professionals work around the clock to provide for your infants special needs.
  - Dell Children’s Medical Center of Central Texas & Seton Medical Austin are each designated Level III NICUs.
- **LEVEL II NICUs** - provide care for newborns that are not critically ill but may need additional support, such as phototherapy, antibiotics or help with feeding.
  - Seton Medical Center Hays, Seton Medical Center Williamson, Seton Northwest, Seton Southwest, and University Medical Center Brackenridge are each designated Level II NICUs.

If the need arises, babies born at a Level II NICU may be transferred to one of our Level III NICUs.

The NICU staff embraces a family-centered approach to care and provides special family visiting hours. The NICU team includes board certified neonatologists and skilled nurses who provide care 24-hours a day. Additional support services include physical, occupational and respiratory therapy, pastoral care, social services and lactation support services.

**Photography and video cameras**

You are welcome to take photos and videos of your newborn baby and family after the baby has been safely welcomed into mother’s arms. Camera equipment and photography are not allowed during labor and delivery due to the unpredictability of events that may require a rapid response by the attending healthcare team. Your doctor will be able to give you more information about their preferences in regard to photography. Please respect the privacy of staff and other patients by asking permission before they are included in any photos or videos.

**Infant Security**

Our staff considers the comfort and safety of you and your baby as one of our top priorities. You need to be aware of the important security measures in place to protect your family. All employees wear a photo identification badge.

Only employees with a pink photo identification badge are allowed to handle your baby.

Infant footprints are recorded. We use a 4-band identification system. There will be four bands with identical information that will be matched to mother and baby at delivery. One band will be placed on baby’s wrist, one on baby’s ankle, one on mother’s wrist, and one on the wrist of the mother’s choice of “significant other”. If the fourth band is not used, it will be locked away in a secure place. No one will be allowed to move the baby from the mother’s room or the nursery without a matching wrist identification band or bright pink photo identification. Some of the things you can do to ensure your baby’s safety and security in the hospital:

- Feel free to ask questions. Use your nurse call light if you have any questions about staff, or any situation about which you are unsure.
- Do not leave your baby unattended. Call for your nurse if you are going to be away from your baby.
- Be sure to have your identification bands checked with the baby’s band whenever you have been separated from your baby.
- Ask for proper photo identification from anyone entering your room or attending your baby.
- Ask for an explanation any time your baby is removed from your room.
- Always place your baby in the crib if you want to walk in the hallway with your baby.
YOUR PREGNANCY

As a mother-to-be, taking care of yourself is the most important thing you can do for your baby. That’s why Seton is here as your partner to guide you through the process and help you maintain a healthy and safe pregnancy.

Classes and Tours

Maternity Tours — Free

A tour of the maternity facilities will introduce you to the physical layout of our maternity unit and the services offered. Your tour guide will answer questions on types of rooms available, parking facilities, visiting hours and where and how to check in and out of the hospital. Maternity tours are recommended for adults only.

Essentials Plus: Prepared Childbirth plus Newborn Care — 10-hour class

A thorough preparation for the labor and birth process. This class includes presentation and practice of Lamaze breathing and relaxation techniques, labor and delivery expectations, medical interventions and baby care basics. Video presentation and qualified instructors offer excellent visual and practical content.

Essentials of Prepared Childbirth — 7 1/2-hour class

This class focuses solely on the childbirth experience to prepare you for labor and delivery at the hospital. This class includes presentation and practice of Lamaze breathing and relaxation techniques, labor and delivery expectations, and medical interventions.

Video presentation and qualified instructors offer excellent visual and practical content. (Baby care and Breastfeeding are not included).

Prepared Childbirth Refresher — 3-hour class

This class is for couples that have had a previous childbirth. It includes a review of the birth process and Lamaze breathing and relaxation skills.

Breastfeeding — 2 1/2-hour class

This class is a must for families who choose to breastfeed and includes practical information to prepare parents for successful breastfeeding. Dads are strongly encouraged to attend!

Baby Care Basics — 3 1/4-hour class

This class focuses on care of the newborn in the first few weeks. It is recommended as additional content for those enrolled in childbirth classes that do not include newborn care. A practical, hands-on approach to newborn care is presented. You will practice newborn bathing, diapering, and daily care using a baby doll. Video and slide presentations are included in the class.

Big Brother/Big Sister — 1-hour class

An opportunity to prepare your other child(en) for what to expect with a new baby. Includes a mini-tour of the Maternity Unit. Bring a baby doll or stuffed animal for role-playing and diapering. Age three is a suggested minimum. A parent or adult must accompany the child(en) in class.

Visit our website at www.seton.net/parenteducation for further information or to register.

YOUR PREGNANCY

How to Have a Healthy Pregnancy

Prenatal Care

Early and regular prenatal care is important to make sure you have a healthy baby. If you do not have insurance or cannot afford private prenatal care, there are many clinics that provide prenatal care at a lower cost. Regular check-ups by your doctor or health care provider will measure your baby’s growth, and detect complications of pregnancy such as high blood pressure and preterm labor. Prenatal care should begin as soon as you learn that you are pregnant. Contact the Austin/Travis County Health Department Primary Care Division if you need a referral to one of these low cost clinics.

Healthy Eating During Pregnancy

During pregnancy, your body needs extra calories, protein, vitamins, and minerals to feed your growing baby. A diet based USDA's MyPlate can help you meet these needs. Try to eat a variety of foods from each food group. It is up to you to make healthy food choices for you and your growing baby.

• Balancing Calories
  – Enjoy your food
  – Avoid oversized portions

• Foods to Increase
  – Make half your plate fruits and vegetables
  – Make at least half your grains whole grains
  – Switch to fat-free or low-fat (1%) milk

• Foods to Reduce
  – Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers
  – Drink water instead of sugary drinks

Remember to drink at least 8-10 glasses of liquids (mostly water) each day. Drinking plenty of fluids will help to reduce the risk of preterm labor.

The Women Infant and Children (WIC) program assists low-income pregnant or breastfeeding women and children under age 5. They offer classes on healthy eating, coupons for nutritious food, breastfeeding education and support, free immunizations for children, and assistance with contacting other health services. Call 800-942-3678 for more information.

Physical Activity

Physical activity can help manage weight gain. The activity guidelines for pregnant women are 30 minutes of moderate exercise on most, if not all, days of the week. Make sure to talk with your doctor before starting or continuing any exercise routine.

Alcohol Use During Pregnancy

Alcohol easily crosses into the placenta during pregnancy and goes into your baby’s bloodstream. Drinking alcohol (beer, wine, wine coolers, liquor, most cough syrups, and some medications) can cause birth defects in your baby. These birth defects include physical, mental and behavioral abnormalities known as Fetal Alcohol Syndrome (FAS).

Smoking When You Are Pregnant

If you smoke, your baby will not get all the food and oxygen needed to grow properly.

• Your blood vessels carry oxygen and food to your baby. Nicotine from cigarettes makes these blood vessels smaller. Smaller blood vessels means there is less blood and oxygen getting to your baby.
• The carbon monoxide in cigarettes is a poisonous gas. Carbon monoxide replaces some of the oxygen in your blood and keeps your baby from getting all the oxygen.

Smoking when you are pregnant can cause the following:

• Low birth weight
• Baby born too early to survive
• Baby born early and with many health problems
PREPARING FOR YOUR BABY

In addition to choosing a doctor for your baby, there are other important things you can do during your pregnancy to prepare for your baby. Baby care and feeding classes are offered by Seton and may also be offered through your doctor’s office or clinic.

Choosing a Carseat

There are many styles to choose from, but the most important thing is to choose a car seat that is safe and that you know how to use correctly. Call Safe Kids Austin for information on car seat inspection programs (324-8009).

Register for a car seat safety education class.

Practice using the seat by buckling a teddy bear or doll into it. Be sure that both you and your partner know how to use the car seat correctly.

- Follow the manufacturer instructions carefully.
- Be sure and know what kind of seat belts your vehicle has. Some seat belts need locking clips to keep the belt locked into position. Locking clips come with most new car safety seats. If you’re not sure, check the owner’s manual that came with your vehicle. Locking clips are not needed in most newer vehicles, and some vehicles have built-in lock-offs to lock the belt.
- Make a note to bring the car seat, base if available, locking clip, and instructions to the hospital on the day you go home.
- If you cannot afford a car seat for your baby, you may qualify for assistance through Safe Riders. Call 1-800-252-8255 for more information.

For further information and to find a location to have your car seat inspected for proper installation, contact: Safe Kids Austin Dell Children’s Medical Center of Central Texas 4900 Mueller Blvd. Austin, TX 78701 (512) 324-8687.

Cardiopulmonary Resuscitation (CPR)

We recommend that all parents take a yearly cardiopulmonary resuscitation (CPR) class. To find a CPR class, call the American Heart Association CPR referral line or check the class schedule on-line at www.seton.net.

CHECKLIST FOR PREGNANCY

There are many things you can do to get ready for your hospital stay and the birth of your baby. Using the following checklist may help you to feel more prepared.

During your 3rd to 4th month of pregnancy

- Pre-register for the hospital
- Register for childbirth and baby care classes.
- Register for breastfeeding class.
- Register for a tour of the hospital.
- Begin your search for a doctor or clinic for your baby.

During your 5th to 6th month of pregnancy

- Make a decision about circumcision if you have a boy.
- Choose a car seat and learn how to use it safely.
- Learn about options for pain management in labor.
- Register for a sibling class.
- Make a final choice for baby’s doctor or clinic.

At least a month before your due date

- Pack a bag for mom.
- Pack a bag for baby.
- Safely secure the car seat into your car.
- If you plan to return to work or school, begin your search for childcare.
- Make sure your baby’s doctor’s office knows about your choice of doctor for your baby.
YOUR HOSPITAL STAY

Pre-registration

It is very important to pre-register with the hospital well ahead of your due date. We encourage you to register in your third to fourth month of pregnancy.

There are two easy ways to pre-register:

1. You can use the enclosed pre-registration form from the hospital that you have chosen, or obtain one from your health care provider’s office. Simply completed and mail to the address listed on the form. No confirmation will be sent, but you are welcome to confirm that the hospital received your form by calling the hospital admissions office.

2. You may walk-in to your hospital admissions office to pre-register during usual business hours Monday thru Friday. Bring a copy of your insurance or Medicaid card. Call your hospital admissions office for business hours and directions.

Payment

Seton has friendly, experienced financial counselors to discuss payment options and cost estimates. Payments for bills, co-payments and deductibles are accepted in cash, check, or credit card (Visa, Mastercard, and American Express). Payment is expected at time of service prior to your hospital discharge.

Insurance for your baby

Please note that once your baby is born your must call your insurance carrier to add the baby to your policy (usually within 30 days after birth).

If you are a young mother covered under your parent’s insurance policy you should not assume the policy will cover your baby. Many insurance companies will not pay for the hospital bill, newborn care in the hospital or any immunizations for a grandchild. Some insurance companies may pay for some care for a grandchild, but only if the grandparents are able to claim the grandchild on their income tax, or other very specific reasons.

Please call plenty of time before the baby is born to find out what the insurance will pay. Call the Member Services department of the insurance company, or the Human Resources department of the workplace that offers the insurance.

Make a note of the phone number(s) you call and the name of the person(s) you speak with. This will help if there is a problem or question in the future.

Ask specific questions like “Will this policy cover the baby’s hospital bill at delivery?”, “Will it pay for circumcision if we choose to have the baby circumcised?”, “Will it pay for the baby’s newborn care during the hospital stay?”, “Will it pay for the baby’s immunizations after baby goes home from the hospital?”

If you have Medicaid or cannot afford health insurance, health care for your baby is also available through the Austin-Travis County Health Department or the Seton Community clinics.

Insurance Pre-certification

Many insurance companies require pre-certification or pre-approval. It is important that you contact your health insurance company to find out what your maternity benefits are and how to get pre-approved. Your employer may also have information about your benefits. Please note that failure to pre-certify with your insurance company can reduce the insurance payment, leaving you responsible for paying the balance.

WHAT TO EXPECT AT THE HOSPITAL

Arrival to the Labor Unit

Consent Forms

Upon admission to the labor unit you will be asked to read and sign the following consent forms:

- Admission and treatment
- Vaginal and/or cesarean delivery (although most women are expected to deliver vaginally, sometimes the medical conditions of the mother or baby require a cesarean delivery)
- Blood transfusion (in the unlikely event that it becomes necessary)
- HIPAA- Health Insurance Portability and Accountability Act

Notifications of the baby’s doctor. You will be expected to name your baby’s doctor so the staff can notify the doctor after the baby is born. If your chosen doctor does not admit babies to the hospital where you deliver, a doctor will be assigned to your baby during your baby’s stay and you will follow up with your chosen doctor after discharge.

Delivery

As soon as the baby’s head is delivered, baby’s nose will be suctioned. As soon as your baby’s body is fully delivered and appears healthy, your baby will be laid at your breast or dried and wrapped in blankets for warmth. Baby’s foot-prints will be imprinted onto paper, matching identification bands will be placed on mother, baby, and another foot. If you have Medicaid or cannot afford health insurance, health care for your baby is also available through the Austin-Travis County Health Department or the Seton Community clinics.

Postpartum Recovery

(2 hours or more after delivery)

Once you are past the immediate recovery period of 1 to 2 hours, your condition may not require such frequent monitoring by the nurses. You will be transferred to the Mother/Baby Unit for the rest of your hospital stay. You will be allowed more privacy and time to rest and recover with a new baby and family. The staff is readily available when called to assist you and teach you all you need to know about mother and baby care. This is the time to learn all you can about what you need to know to care for yourself and baby at home.

Consent Forms

You will be asked to sign the following consent forms after the birth of your baby:

- Hepatitis B vaccine for your baby
- Circumcision (if you plan this choice for your baby boy)

It is a good idea to discuss circumcision and vaccinations with your baby’s doctor or clinical provider during your pregnancy. If you make the decision before you enter the hospital, you will feel less pressured for time to make your decision before you go home.
YOUR NEW BABY
Welcome to parenthood! Over the next weeks, months, and years, you can expect to have times of joy and excitement, but also times of worry and anxiety. You may also have many questions.

Preparing to go Home
When the day arrives to take your baby home, you will want things to run as smoothly as possible. It helps to be prepared before you go home:

1. You are required by Texas law to have completed the birth certificate before going home. If you want your baby’s name on the official birth certificate, you must call the birth certificate office at your hospital before the baby is five days old. You will receive a complimentary certificate from the hospital as a keepsake (this is not an official copy).

2. If you have any concerns or questions about paternity issues (legal father) during your pregnancy you may contact the Texas Attorney General’s Office. The Attorney General’s Office has forms and information for acknowledgement of paternity by the hospital as a keepsake (this is not an official copy). You may contact the Texas Attorney General’s Office by calling (512) 324-4252 or by visiting www.goodhealth.com. When you are admitted to the hospital you will receive an instructional breastfeeding booklet to take home and additional resources will be provided.

The Texas WIC program (Women, Infants and Children) offers breastfeeding support and education to women and their families. They are an excellent resource for mothers both prenatally and after baby is born. If you are already a WIC client, contact your WIC office about classes. If you need more information about applying for WIC and eligibility, visit www.TexasWIC.org or call 1-800-942-3678.

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3. Your baby will be registered for a social security number when the birth certificate information is completed. You will need to ask for a receipt of the application especially if you are currently on, or will be applying for, any public assistance such as Medicaid or WIC. The social security card will be mailed to your home address in 3 to 4 months.

4. Arrange for someone to drive you home.
5. Check with the business office before you leave the hospital to make sure all the billing records are accurate.
6. Make sure you get clearance from your nurse before you leave. Your nurse will need to make certain you have signed all the necessary forms, have complete and signed the birth certificate, and that you have been given written instructions on mother and baby care at home. You must be discharged by your doctor, and your baby must be discharged by baby’s doctor before you both go home.
7. Make two follow-up appointments, one for yourself and one for your baby. New mothers will need an appointment with her doctor or clinic provider 6 weeks after a vaginal delivery or 2 weeks and 6 weeks after a cesarean section delivery. In addition, an appointment for staple removal may be required if you had a cesarean section and your staples were not removed prior to discharge. You will be instructed by your discharge physician when to make your appointment. Baby will need an appointment with your chosen doctor prior to discharge. The baby will need an appointment anywhere from 1 day to 2 weeks after discharge. Again, you will be instructed by the baby’s discharge physician when to make the appointment. It is best to call before leaving the hospital to arrange your baby’s appointment.
8. You will be given the choice of walking to your car, or of having an escort to push you to your car in a wheelchair.
9. Buckle your car seat securely in the car so baby will ride safely home.

BREASTFEEDING
Breastmilk is the perfect food for new babies. The American Academy of Pediatrics and the World Health Organization both agree that babies need nothing else but breastmilk for about the first six months after birth.

The Seton Healthcare Family wants to help you reach all of your breastfeeding goals. Our nurses have special training to assist with breastfeeding and lactation consultants, or IBCLC, are available if special challenges should arise.

It is a good idea to take a breastfeeding class during your pregnancy. The Seton Healthcare Family offers great breastfeeding classes. You may sign up for a breastfeeding class by calling (512) 324-4252 or by visiting www.goodhealth.com. When you are admitted to the hospital you will receive an instructional breastfeeding booklet to take home and additional resources will be provided.

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Babies who breastfeed have decreased risks of:
- SIDS or Sudden Infant Death Syndrome
- Breast cancer
- Ovarian cancer
- Breastfeeding returns mothers to pre-pregnancy weight quicker
- Breastfeeding benefits communities
- Billions of dollars saved in health care for the US
- Diabetes
- Less bleeding after birth
- Less missed days from work
- Respiratory Infections
- Decreased risk of breast cancer
- Less harm to the environment
- Ear Infections
- Decreased risk of ovarian cancer
- Less water used
- Allergies & Asthma
- Possible decreased risk of hip fracture and osteoporosis
- Lower energy demand
- Some cancers
- Overweight & Obesity
- Breastfeeding

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Tips for Nursing Mothers in the First Few Days

Hold your baby skin to skin as soon after delivery as possible. New babies are most alert and ready to feed in the first one to two hours after they are born. Keep baby skin to skin until the first feeding is completed.

Allow your baby to breastfeed as soon as you notice any hunger cues. Early hunger cues include babies turning their heads to search for the breast, opening their mouths, lip smacking or sucking on their hands.

Colostrum is the first milk. It is the perfect first food for baby in the first days after birth. The first milk your baby makes is called colostrum. Colostrum is very good for your baby and all your baby needs for the first few days of life. You do not need to feed your baby anything else.

Allowing baby to nurse on demand, or whenever they show you the hunger cues, is the best way to build a great milk supply. Letting your baby nurse often is the best way to help your body make a good milk supply.

Mothers and babies are both learning how to breastfeed during the hospital stay. Try to limit visitors during this important time. It is normal for a newborn to breastfeed well for a few hours after birth and then become very sleepy.

Some newborns are sleepier than others. Unwrapping, undressing, changing the diaper, and especially letting your baby skin to skin with you are often good ways to wake a sleepy baby. To wake a sleepy baby, try unwrapping, undressing, changing the diaper, and especially letting your baby stay with you skin to skin for a while before trying to feed.

Some babies do not show hunger cues until they are about 3 or 4 weeks of age. Some babies are very easy to breastfeed and show very clear hunger cues early. Other babies may be more difficult and may not show hunger cues until they are about 3 or 4 weeks of age.

Pacifiers may make it hard to notice when your baby is hungry and cause your baby to eat less often. It is best to wait until breastfeeding is going well, usually around 3-4 weeks before giving your baby a pacifier.