

Once you choose to breastfeed, nothing should stand in your way.

Be sure to speak up and get the information and support you need from your health care provider, nurse or midwife, and family and friends.

AT THIS POINT...	SAY...
During your prenatal visits	<i>"I want to breastfeed my baby. Can I have information about breastfeeding so I can prepare? I would like the names and numbers of breastfeeding specialists and resources in my community."</i>
When you are in labor	<i>"I want to breastfeed my baby. If everything is okay at delivery, I would like to hold my baby and breastfeed as soon as possible."</i>
If you start breastfeeding and are not sure it is going right	<i>"I'm not sure if my baby is latching on right or breastfeeding well. I'd like a nurse or lactation consultant to come in and help me."</i>
If the nurse says they are going to take your baby to the nursery	<i>"I'd like my baby to stay in my room. It will make it easier for me to breastfeed when my baby is hungry."</i>
If there is a reason for your baby to spend time in the nursery	<i>"Please remember that I'm breastfeeding only. Do not give my baby any formula and bring him/her to me when he/she gets hungry."</i>
When you are getting ready to go home	<i>"I would like the names and phone numbers for a breastfeeding specialist and breastfeeding support groups so I can call if I have any problems or need support."</i>
If the hospital staff offer you formula samples	<i>"Thank you for the offer, but I am only breastfeeding and not giving my baby formula."</i>
If friends and family try to be helpful and want to offer your baby a bottle of formula	<i>"I am only breastfeeding my baby because it's healthiest for him/her. There are plenty of other ways you can help me, though. You can get diapers, help me bathe the baby, talk to the baby, sing to the baby, hold the baby while I get something, hand me some water to drink while I am nursing..."</i>

What breastfeeding moms should pack in their bags to take to the hospital

THESE ITEMS CAN HELP YOU AND YOUR BABY TO BREASTFEED MORE EASILY:

- Nursing bra
- Nursing pads (cloth or disposable)
- Nursing pillow
- Nightgown or pajamas with buttons or snaps down front
- Robe
- Breastfeeding Guide

You will NOT need to bring bottles or pacifiers for your baby

OTHER ITEMS:

- Infant car seat for the ride home
(Required - It is a New York State law)
- Lip balm
- Toiletries
- Sanitary napkins



Breastfeeding – Simply the Best

To get help with breastfeeding, talk to your health care provider or call 311.
You can also call the National Breastfeeding Helpline at 1-800-994-9662.