**Seven Steps to Successfully Providing Mom’s Own Milk in the NICU**

**Step 1:** Start to pump within 6 hours of delivery.

**Step 2:** Obtain a double electric pump for use at home before I am discharged from hospital.

**Step 3:** Keep pumping every 2-3 hours or 8—10 times a day.

**Step 4:** Hold my baby skin to skin as often as possible.

**Step 5:** Seek help if I am not making at least 500 ml each day (~ 16 1/2 ounces) by the time my baby is 14 days old.

**Step 6:** Have my baby nuzzle at my breast during skin to skin.

**Step 7:** Start breastfeeding when my baby is ready to feed by mouth.

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