

SEVEN STEPS TO SUCCESSFULLY PROVIDING MOM'S OWN MILK IN THE NICU

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

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.

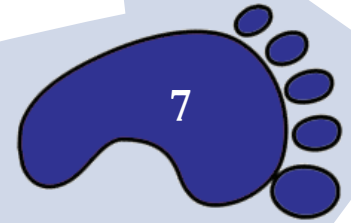
Step 3: Keep pumping every 2-3 hours or 8—10 times a day.

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

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

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

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



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