

## b. Goals for Breastfeeding in the Hospital

### MODULE 4

A good start is the key to successful and happy breastfeeding experience.



Here are some breastfeeding goals for the time you will be in the hospital. By setting goals, you will get a good start.

**My baby and I will get to know each other right away.**

**Answer**

Your baby should be put to your breast as soon as possible after birth. This allows you to have skin to skin contact. It is the beginning of a special relationship between you and your baby. Your baby may not feed at this time, but you can still enjoy this time together.

**My baby and I will learn the correct position for breastfeeding.**

**Answer**

Having the right position is important for breastfeeding. If the baby adopts a bad position, you may get sore nipples. You both need lots of practice to find the right position. Ask the nurses in the hospital to check your breastfeeding position.

**My baby and I will learn the proper technique for placing baby at the breast.**

**Answer**

It is important for your baby to latch on to your breast properly. Your baby gets the milk applying pressure on the areola and not by sucking on the nipple. The nurse can help you learn the correct way to place your baby to the breast.

**My baby and I will try several breastfeeding positions.**

**Answer**

You do not necessarily have to be sitting down to breastfeed. For example, the lying down position is a good way to feed the baby during the night because you can rest while feeding. Ask the nurse to show you the different positions.

**I will learn to express breast milk while in the hospital.**

**Answer**

Using your hand to pump out breast milk is called "hand expressing". It is a useful technique to learn while you are in the hospital. You may have to use this technique when you go home.