

# Better Beginnings the Sparrow Way

## Making an Informed Decision



Here are some of the things you need to know for your hospital stay as you begin breastfeeding your baby:

### Skin-to-Skin Care

Babies who are skin-to-skin with parents tend to cry less, sleep better and stay warmer than they would wrapped in a blanket, and Dad can do it too!

### Rooming In

You will be encouraged to keep your baby in your room with you at all times—we call this Rooming In. This time spent together helps you become more comfortable in caring for your new baby, your milk supply increase sooner, babies cry less and breastfeeding is easier.

### When is Baby Ready to Eat?

You will soon learn the signs that your baby is ready to breastfeed. Some early signs of readiness for feedings are licking, smacking, turning his head from side to side, and putting his fist in his mouth.

### Making Enough Milk

Early and frequent breastfeedings help your body establish a full milk supply for your baby.

**Ask your Nurse if you have any questions about breastfeeding your baby!**

Online resources are available at [MIBreastfedBaby.org](http://MIBreastfedBaby.org).