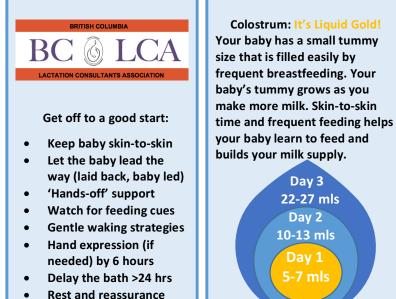


- Keep baby skin-to-skin •
- Let the baby lead the • way (laid back, baby led)
- 'Hands-off' support •
- Watch for feeding cues •
- **Gentle waking strategies** •
- Hand expression (if • needed) by 6 hours
- Delay the bath >24 hrs •
- **Rest and reassurance** •

Colostrum: It's Liquid Gold! Your baby has a small tummy size that is filled easily by frequent breastfeeding. Your baby's tummy grows as you make more milk. Skin-to-skin time and frequent feeding helps your baby learn to feed and builds your milk supply.





## Instructions:

- Print on colour printer 8 x II" paper
- Cut each card out (keep the 2 sides attached)
- Fold so there is a front and back to the card
- Arrange cards inside laminate pages, placing as many cards as possible on each sheet (6-9 cards). Keep a bit of space between cards to allow the lamination to seal around each card
- Laminate the sheet
- Cut carefully around each card (not too close or you will break the lamination seal)
- Punch with a slot hole punch (the same as for ID cards) available from office supply stores for about \$20. https://www.amazon.ca/dp/B 01FNWJ8YS/ref=pe 386430 121528420\_TE\_dp\_i1
- **Note:** The tummy sizes can be a useful teaching tool to convey the concept of small tummy size in a simple way. It is important to follow the baby's feeding cues – some babies will need less and others more.

your baby learn to feed and builds your milk supply. Day 3 22-27 mls Day 2 10-13 mls 5-7 mls