

Room number: **3514**

Discharge date and time:

Nurse's name: **NURSE LILY**

Lactation comments: **TRANS LATCHING**

Completed by

Completed by	Check when completed
Within first 24 hours	✓
12-24 hours	✓
24 hours old	

I LOVE U!

Hold your breast with one hand, support baby with other. Bring baby close enough so they can find your areola without effort.

Stimulate baby's upper lip with your nipple until their mouth opens very wide.

Your baby's chin should be the first thing that makes contact with your breast. They must be latched deeper (below your nipple than above).

Baby's lip must be completely turned out and wrapped firmly against your areola.

Make sure baby's nostrils are clear from obstructions and can they breathe easily.

OurLittles.com

Breastmilk only for 6 months

• No need for formula

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