

# BREASTFEEDING

WORLD  
BREASTFEEDING  
AWARENESS WEEK

2015!

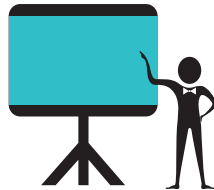
## 5 Steps to Make it Work

Breast milk is the best milk for babies as it is the most natural source of nutrition for baby. Here are five steps to help you have a successful breastfeeding journey.

### 1. PREGNANCY: PLAN AHEAD



Be mentally prepared



Learn more about breastfeeding



Get support from your loved ones

### 2. AT BIRTH: START IMMEDIATELY



Make skin-to-skin contact with your baby



Breastfeed your baby within the first hour of birth

### 3. AFTER BIRTH: PRACTISE EVERYDAY



Practise proper latching



Breastfeed your baby exclusively and on demand



Get enough rest and eat nutritious food

### 4. BEFORE RETURNING TO WORK: EXPRESS AND STOCK UP



Practise expressing milk before maternity leave ends and start stocking up



Get your baby to accept expressed milk



Express every three to four hours and store appropriately

### 5. GET YOUR EMPLOYER'S SUPPORT



Request for flexible working hours/breaks for expressing



Ask for a clean and comfortable place/room to express and a proper storage space (eg. refrigerator)



Get support from co-workers