

What to Expect at a Baby-Friendly Hospital

Caring Support for You and Your Baby

When you give birth at a Baby-Friendly facility, here's what you can expect — from pregnancy to going home.



During Pregnancy

Respect

You will get information on breastfeeding and the help you need to make choices about feeding your baby.

Helpful Conversations

During your pregnancy, we'll make sure you feel confident and ready to feed your baby. We will teach you the skills you need.



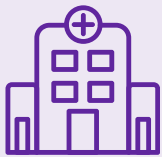
Birth & First Days

Skin-to-Skin Time

Right after birth, your baby will rest on your bare chest for at least an hour. This helps your baby feel safe and is great for bonding.

Expert Care

Doctors, midwives, and nurses at Baby-Friendly hospitals receive extra training to help you with feeding your baby.



Throughout Your Stay

Staying in the Same Room

Your baby will stay in your hospital room with you. This helps you bond, learn your baby's feeding cues, and respond to their needs.

Help with Breastfeeding

Your breast milk is the best food for your baby. Breastfed babies start life off strong and protected from sickness. Our nurses have extra training so they can help you learn how to breastfeed.

Formula Information

If your baby needs formula, you will learn how to prepare and use it safely.



Going Home

Support After You Leave

We want you to reach your infant feeding goals and adjust to life with your baby at home. Before you leave, we will give you a list of support groups and local resources that can help.

You are not alone — we are here to support you and your baby every step of the way!

