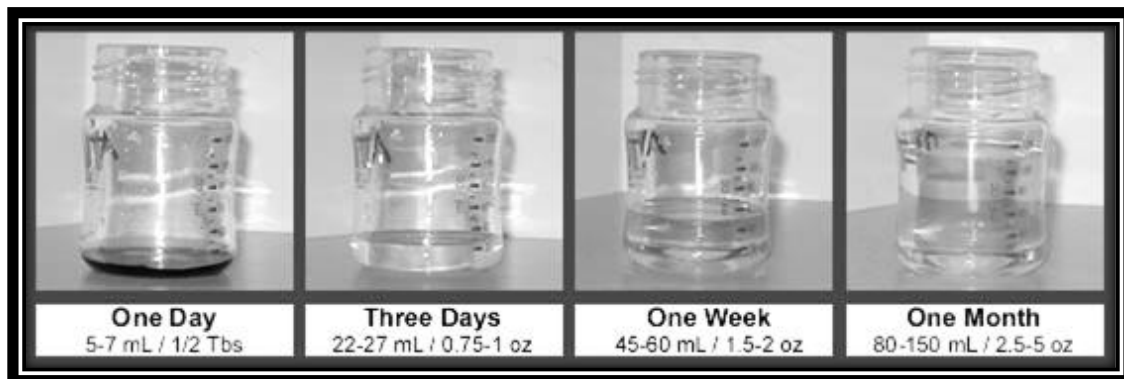


Thank you for your support!

We are flexible and open to your guidance in navigating our baby's first moments. We hope that the transition of birth can be one that is as gentle and supported for our baby as possible, with a focus on establishing a strong breastfeeding relationship.

Delivery Room Preferences

- ♥ Please refrain from routine suctioning at birth
- ♥ **Immediate and sustained Skin to Skin** contact is very important to us.
- ♥ **Gentle stimulation at birth**, while the cord pulses, is strongly preferred.
- ♥ Please perform newborn procedures in arms
- ♥ We choose to delay the bath for at least 24 hours
- ♥ We request at least an hour skin to skin, before weighing
- ♥ We'd like to attempt **laid back, babyled latch** with **hands off support** from staff
- ♥ Support in minor hand expression in the first hour is appreciated
- ♥ In the event that baby must leave the room, a parent will accompany them



Thank you for your support!

We are flexible and open to your guidance in settling in with our baby. We have a focus on establishing a strong breastfeeding relationship and are eager for your support in working toward this goal.

Infant Care Preferences

- ♥ We would like to provide **ongoing skin to skin** contact for the **duration** of our stay.
- ♥ We would like to **avoid swaddling**, having medical care happen in arms.
- ♥ We plan to feed on cue, using ergonomic, biologically supported positions, such as laid back and side lying, with **babyled latch** (see picture below)
- ♥ We would love your support in giving baby their first bath *after* 24 hours.
- ♥ A visit ASAP from an IBCLC is strongly appreciated
- ♥ Supplementing is only desired as a last resort and done with expressed milk via cup or spoon in quantities appropriate to baby's age (see first page)
- ♥ We do plan to do regular hand expression to help milk come in and appreciate your support through encouragement and tools, like spoons or syringes.
- ♥ Please **keep staff interruptions** to a minimum and **concentrated during limited periods** of time as much as possible. We value the care that we receive from you and would also like ample time to practice feeding, connect as a family, and rest. Likewise, we plan to keep visitation to a minimum and are open to being reminded of this goal should it seem visitation becomes demanding or draining.

Thank you
for all you do!

