

What to Expect at a Baby-Friendly Hospital

Caring Support for You and Your Baby

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

During Pregnancy



Respect

You will get the information and help you need to make your own choices about feeding your baby. Your choice will be supported.

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



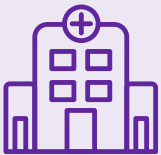
Skin-to-Skin Time

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 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

If you choose to breastfeed, trained nurses will help you learn how.

Formula information

You'll learn how to safely prepare and feed formula if needed.

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!