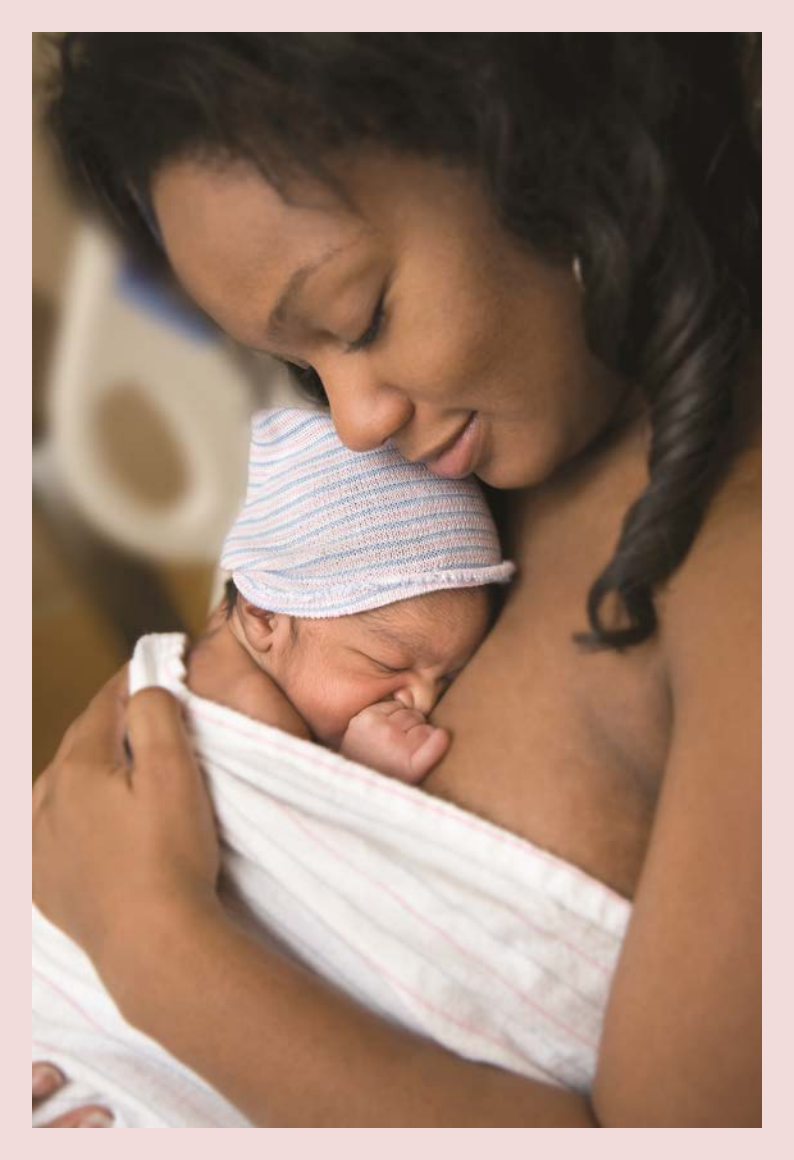
Breastfeeding without pain –latch and positioning

Making enough milk

How to get family support

What to expect in the hospital

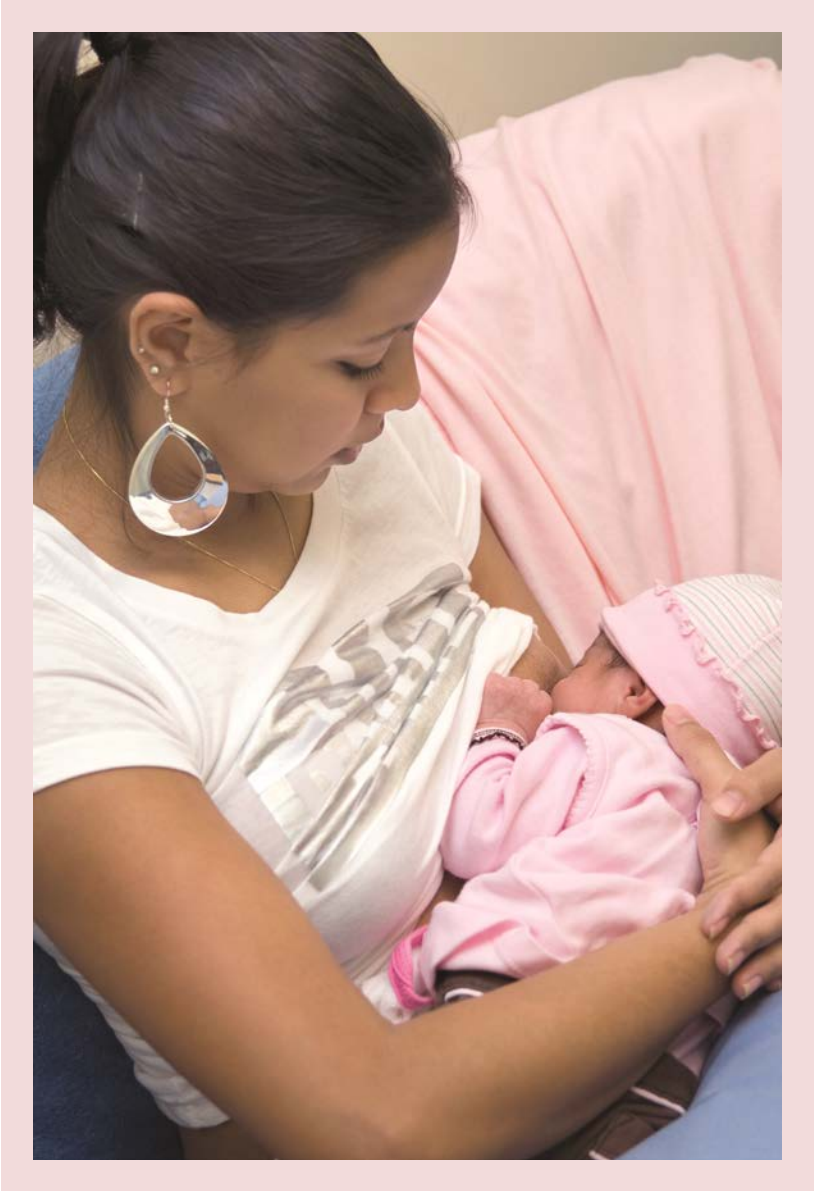
The golden hour - first hour after delivery



Baby cues and behavior

How to tell if baby is getting enough

Hand expression and pumping

Breastfeeding and returning to work

When to call for help