Most new mothers already know that breastmilk is the perfect food for their baby. But, many worry that they will not make enough milk. These easy to follow steps will help you understand the basics of milk production, and get a good start building your milk supply.

**Step 1: Place Baby Skin-to-Skin**
- As soon as possible after delivery, place your undressed baby belly-down, directly on your bare chest, or “skin-to-skin”.
- Placing baby skin-to-skin makes breastfeeding easier, and helps you produce more milk.

**Step 2: Feed Early and Often**
- Do not wait to hear your baby cry before offering your breast.
- Look for “early hunger” signs that your baby is ready to feed such as being alert and looking around, sucking on his hands, and moving his mouth.
- The more often you breastfeed, the more milk you will make.

**Step 3: Give Breastmilk Only**
- Breastmilk is the only food a healthy baby needs for the first 6 months of life—no other food or drink is needed.
- Hold off on giving pacifiers or bottles to your newborn until you both are comfortable with breastfeeding, usually about 3–4 weeks.
- Babies who are given formula or water often feel too full to breastfeed. Less breastfeeding will mean less milk production.

**Step 4: Trust Your Baby and Your Body**
- Feed your baby whenever he shows early signs of hunger, even if the clock says it’s not yet time to feed.
- Instead of relying on the clock, switch from one breast to the other when swallowing slows down, or your baby slips off the breast.
- It is OK if your baby only takes one breast during the feeding. You can offer the other breast first at the next feeding.
- Remember, even if your breasts do not appear full, they will never be empty.
- Your body will make more milk once your baby latches on and begins to suckle.

**Step 5: Keep Your Baby Close**
- Staying close to your baby, at least for the first few weeks will allow you to feed often.
- Keep your baby in your room at night in the hospital after delivery, and when you return home.
- Sleeping in the same room as your baby allows you to respond to hunger signs right away and rest while breastfeeding.

Breastmilk is the perfect food for your baby. For as long as you and your baby choose to breastfeed, your body will continue to make the right amount of breastmilk. Keeping baby close and feeding early and often from the very beginning will help you and your baby get breastfeeding off to a good start.