

# Breastfeeding without pain –latch and positioning



# Making enough milk



# How to get family support



# What to expect in the hospital



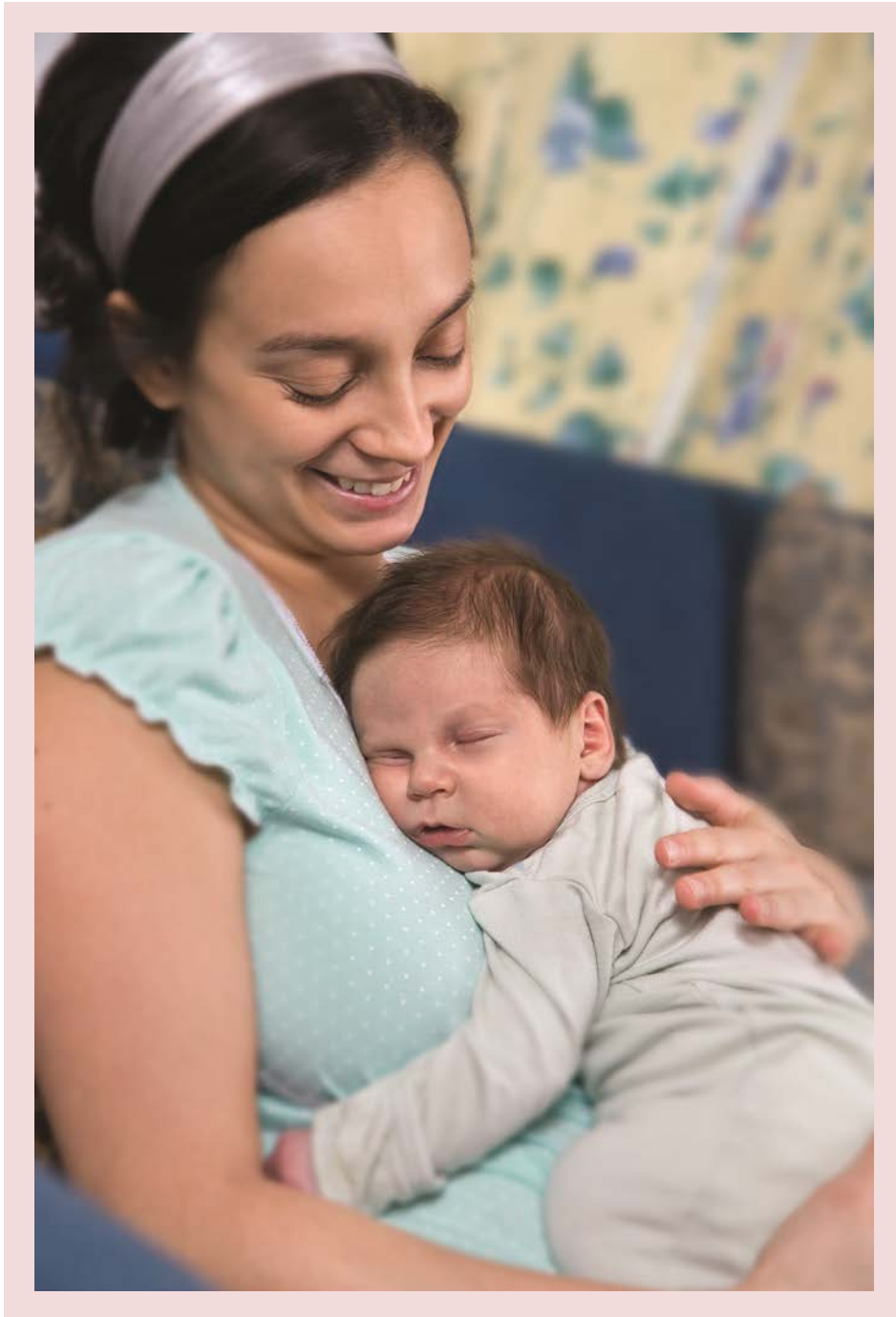
# The golden hour - first hour after delivery



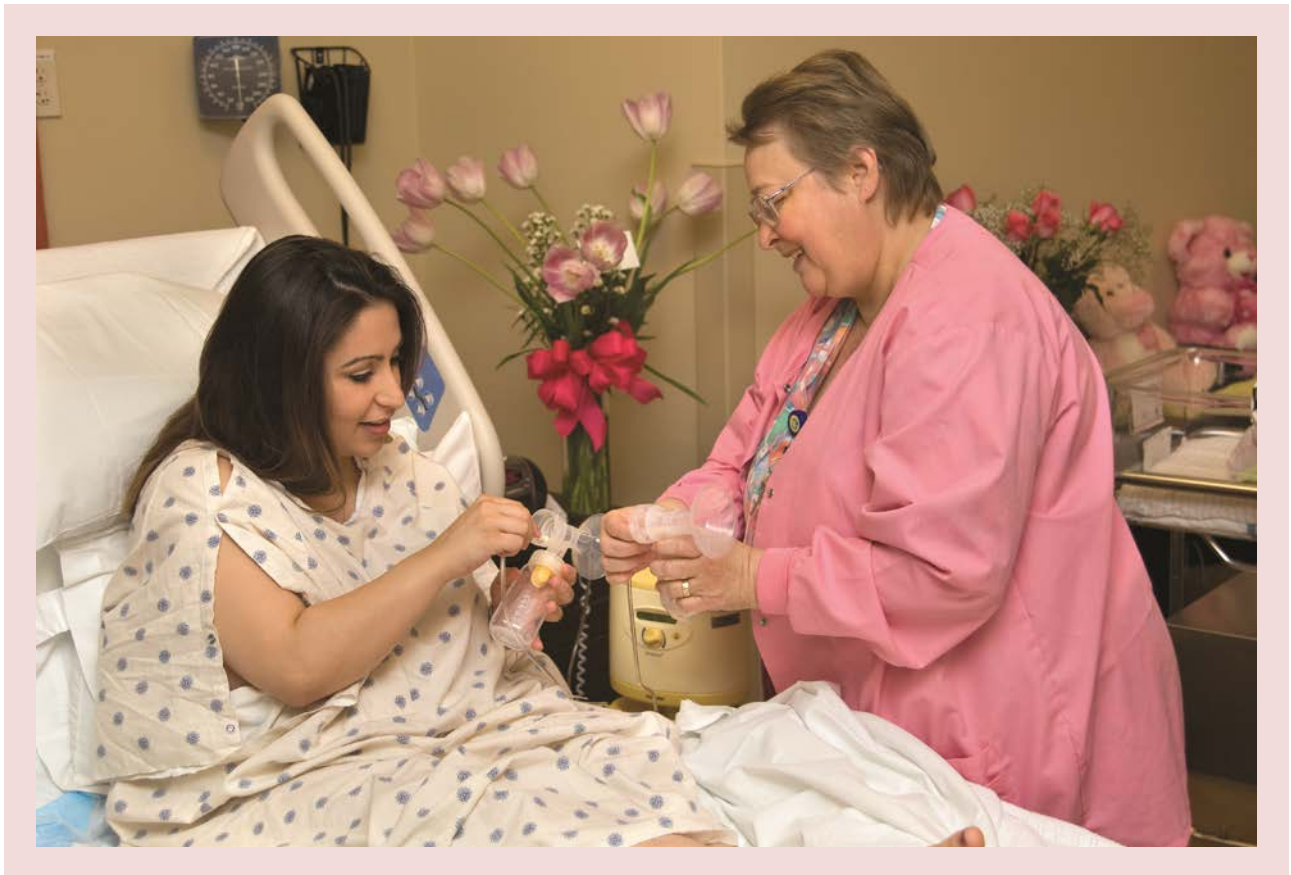
# Baby cues and behavior



# How to tell if baby is getting enough



# Hand expression and pumping





# Breastfeeding and returning to work



# When to call for help

