
What do you need to keep in mind when your baby arrives?

28 DAYS
• time to care and love



- It is best for your baby to start **breastfeeding within the first hour after birth.**
- You may place it in early and sustained **skin-to-skin contact** and feed him or her exclusively with **human milk.**
- If you follow a **healthy diet**, you will **feel more at ease** and willing to breastfeed.
- Remember that the umbilical cord should always be **kept clean and dry.**
- **Birth registration is essential and a right**, you may complete the registration during your maternity hospital stay or **as soon as possible.**
- **Health monitoring** allows you to find out how your baby is doing during its first few days of life and answer any queries you may have.
- Keep track of your **vaccination schedule.** Vaccinations not only **prevent diseases**, but can also **prevent their spread.**

To learn more about this campaign visit our website

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Latin American Center of Perinatology,
Women and Reproductive Health

