



**Thank you for taking good care of me. Soon I will be out of your womb. I would like to tell you about some things that can help me in the first few days.**

The world can be a very scary place. Even your breath on my skin is a new feeling. Did you know that *your* body will warm up or cool down in response to *my* needs when we are in skin-to-skin contact? A blanket can cover both of us together. If you hold me close to your heart I can hear your heartbeat the same as I heard inside. This comforts me.

The first milk in your breasts smells like the fluid around me in your womb. I will move towards your breasts to get nearer to that smell that I know. I need to learn how my body moves so it takes me a while to get there. You can help by giving me time and just a little help if I need it. If I am pushed onto your breast, this can scare me and confuse me, more so if the hands that are pushing me smell of chemicals or do not smell like you.

When I find your breast I might lick or nuzzle it for awhile and even take a little rest. It could take me an hour before I am together enough to start to suck, so please don't rush me. A little time now makes everything easier for both of us.



When I am at your breast I am warm, I hear your heartbeat and your breathing, my tummy is getting full, and your arms are holding me safe. What more could I ask for? Holding me helps you to relax too.

It is so nice to be at your breast that I may want to be there all the time. Your first milk is special milk to line my tummy to keep me safe from germs. My tummy is very small, just the size of my fist. I need to eat little amounts often.



The more that I suck, the more milk that you will make. Your breasts don't know how much milk to make until I show them how much that I need. Your milk is all that I need.

I have heard your heartbeat and breathing all the time for months. I cannot hear you if you put me in a cot away from you. I won't know that you will be back to get me so I may get scared and cry. It makes me feel safe to be near you. Also I like to be held close by my dad and other important people.

In a few days I will be less scared of the world. I will start to be able to be away from you a little bit. Please help me to get to know the world gently with you beside me.

**You are my Number 1 mum!**

With all my love,

***Your Baby***

