

**2. Skin-to-skin contact with your baby after birth and beyond is recommended for all...**

- ☐ I am aware of the benefits of skin-to-skin contact
- ☐ I am not sure/I would like to find out more

**My thoughts, feelings and questions:**

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**3. All women are given information about the value of breastfeeding, and how to get infant feeding off to a good start...**

- ☐ I am aware of the value of breastfeeding
- ☐ I am aware of how to get feeding off to a good start
- ☐ I am not sure/I would like to find out more

**My thoughts, feelings and questions:**

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**4. Babies often show early signs that they might be ready to feed...**

- ☐ I am aware of the signs to look out for that my baby might be ready to feed
- ☐ I am not sure/I would like to find out more

Early signs that your baby may be ready to feed are...

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## Preparing for the first few hours and days after birth

**5. Visiting hours at your maternity unit can vary...**

- ☐ I have checked visiting times and I am aware of who can visit me after birth
- ☐ I am not sure/I would like to find out more

It's useful to find out visiting times, particularly if you might have visitors travelling from a long distance.