IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla
Ravi 18, 10138 Tallinn
Rg-kood 10822068
Tel 666 1900
E-post info@itk.ee
www.itk.ee

Information for mothers of newborns

With a 220-year history, the East Tallinn Central Hospital Women's Clinic has been recognised as a baby-friendly hospital since 2008.

This means that:

- in our hospital, children are not separated from their mothers;
- we encourage skin-to-skin contact between parents and babies, laying the foundation for successful breastfeeding;
- we know that the unique living tissue called breast milk is the most valuable food for a newborn.

Good to know!

- Stay awake while breastfeeding and monitor your baby’s well-being!
- Always lift your baby with both hands and without rushing to prevent dangerous accidents!
- Use a baby stroller when moving around the hospital with your baby.

Congratulations – you have become a parent!The purpose of this booklet is to provide information about the changes that occur in a woman's body after childbirth and recommendations on how to cope with them. It also includes information on how to successfully breastfeed your baby and practical tips on managing life at home with a newborn.