



Be Ready

Before your baby comes

Watch the 5-minute **Infant Safety** and **Effective Breastfeeding** videos to learn what you can expect in the moments and days after delivery.

Learn how to keep your baby safe:
<https://youtu.be/JvNHrDFQT40>

Learn how to breastfeed your baby:
[Intermountainhealthcare.org/breastfeeding](https://intermountainhealthcare.org/breastfeeding)

After your baby comes

When you have settled in your new room and have a few minutes, continue learning with the **Postpartum Care** and **Newborn Basic Care** education videos.

Learn how to care for yourself after childbirth:
[Intermountainhealthcare.org/afterchildbirth](https://intermountainhealthcare.org/afterchildbirth)

Learn how to care for your newborn:
[Intermountainhealthcare.org/newborn](https://intermountainhealthcare.org/newborn)



Infant Safety



Breastfeeding



Postpartum Care



Newborn Care



**Intermountain®
Healthcare**

Watch videos on how to breastfeed and care for yourself and your new baby from your phone:

STEP 1

Open up YouTube



STEP 2

Enter **Intermountain Healthcare** in the search bar

Click on this icon



STEP 3

Click on the word **PLAYLISTS**
Scroll through the options

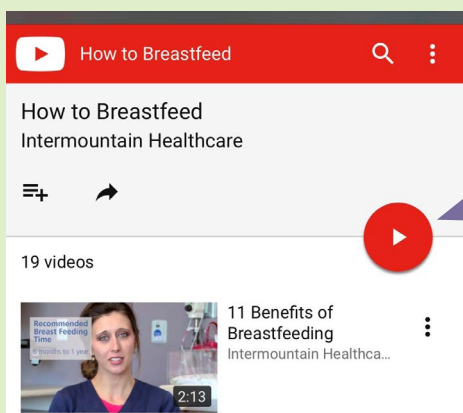
The 3 video collections are:

- 1 Caring for Yourself After Birth
- 2 Caring for Your Newborn
- 3 How to Breastfeed

Each video series is 15 to 25 minutes long

STEP 4

Hit the red button at the top of the screen to start the videos



Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助

© 2019 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns. More health information is available at intermountainhealthcare.org. Patient and Provider Publications WN018-05/19