

BREASTFEEDING PLAN

CHECKLIST

My name is _____ **and my goal is to exclusively**
breastfeed my baby. The benefits of breastfeeding are very important to me and my
baby. I request that these guidelines be supported as long as it is medically safe for
me and my baby. If I am unable to answer questions about how to feed my baby,
please ask my _____

MILK SUPPLY

- ☐ I will be nursing to breast
- ☐ I will be exclusively pumping
- ☐ Do not take my baby to nursery
- ☐ I will feed on demand

IF SEPARATED

- ☐ Skin-to-Skin ASAP
- ☐ Please provide pump w/in 1-2 hours
- ☐ Please help me to hand express within 2 hours

FIRST HOUR

- ☐ No separation for 1-2 hours
- ☐ No bath for 24 hours
- ☐ No newborn procedures until after first feeding

SUPPLEMENTATION

- ☐ No Formula
- ☐ No Pacifier
- ☐ No Sugar Water or Glucose
- ☐ Donor milk okay for prematurity

POSTPARTUM

- ☐ I want to see an IBCLC right away
- ☐ Only want to see IBCLC if asked
- ☐ No formula discharge bag

IN CASE OF C-SECTION

- ☐ Immediate Skin-to-Skin in OR
- ☐ Partner/Family Member to do Skin-to-Skin
- ☐ If me/baby are okay, delay newborn procedures

BREASTFEEDING SUCCESS

GUIDE

Breastfeeding can be challenging, but with the right support and education, you can do it! Make sure you find a lactation counselor you like before delivery and see them within a couple of days of delivery. Watch for baby's hunger signs, but feeding for comfort is also normal. No need to deny breast. Frequent feedings in the first few weeks means more milk later. When in doubt, boob it out. Try to avoid pumping to store until the baby is latching with no problems and the supply is established (4-6 weeks).

MILK SUPPLY

- Do continuous Skin-to-Skin for the first 16 hours
- Don't give formula before consulting with lactation consultant
- Feed the baby often, every 1-3 hours as he/she shows signs
- Drink & Eat often

PUMPING

- Don't pump in the first month, unless supplementing or diagnosed with low milk supply
- Massage breast before pumping
- Pump after nursing or after giving formula

WHEN TO SEEK HELP

- Feels like you're not producing enough
- Pain with Latch
- Problems Latching
- Redness or Soreness in breast
- The breast is hot to the touch
- Pediatrician is Concerned

SUPPLEMENTATION

- Don't buy formula for "just in case."
- Get advice from a lactation professional on supplementation
- DO NOT give your baby water, gripe water, juice, or Karo syrup
- You must pump after giving a bottle of formula or breastmilk to maintain milk supply

POOPY DIAPERS

- **DAY 1:** One poop or more
- **DAY 2:** Two poops or more
- **DAY 3:** Three poops or more
- **DAY 4:** Four poops or more
- **DAY 5:** Five poops or more
- **DAY 6+:** Six poops or more

BABY'S GETTING ENOUGH IF...

- Poopy Diapers
- Well-Hydrated (wet mouth, tears when crying)
- Active (not lethargic)
- Back at birth weight at 2 weeks
- Relaxed hands after feeding
- Hear Swallows