

My Breastfeeding Checklist

My name is: _____ ,
and my breastfeeding goal is to exclusively breastfeed
my baby for _____ months.

Plan for your breastfeeding success – use this
easy checklist to communicate your wishes about
breastfeeding your baby.



Loving  *support*
makes breastfeeding work

1. DURING PREGNANCY

Planning to feed my baby

Yes...

- I will learn about the importance of breastfeeding.
- I will discuss breastfeeding with my doctor or other health care providers.
- I am preparing for lifestyle changes, like quitting smoking, drinking or using, and will seek support for these changes.
- I plan to connect with a peer counselor before the birth.
- I understand that breastfeeding is normal and natural, but my baby and I may need help as we learn how to do it.
- I know that WIC can help if there are challenges.
- I believe breastfeeding is the best thing for me and my baby.

2. PREPARING FOR THE BIRTH

Getting off to a great start

Yes...

- I will tell my partner, family and friends about my plan to breastfeed, and for how long.
- I will tell my doctor or midwife about my desire to breastfeed.
- I will become informed about birth options and their potential effect on breastfeeding.
- I will attend a prenatal breastfeeding class.
- I have “What Breastfed Babies Do” to watch at home with my family, friends and breastfeeding support people.
- I will bring my completed Infant Feeding Plan (from the back of the Hospital Experience booklet) with me to the hospital.
- I plan to have my baby skin-to-skin right after birth.
- I plan to feed my baby within the first hour.
- I plan to room-in with my baby in the hospital.
- I will limit visitors so we can rest and learn how to breastfeed.
- If my baby is having trouble latching-on in the hospital, I know who to call: _____.

3. THE FIRST WEEKS AT HOME

Breastfeeding is easy and natural, but challenges are common

Two people that I can trust and call on for helpful advice are.

_____ & _____

For my first week at home, these people can help with:

Laundry: _____ House cleaning: _____

Groceries: _____ Errands: _____

Care of older children: _____ Pets: _____

Meals: _____, _____, _____, _____

Check out MealTrain.com – a free website to organize meal giving and receiving.

If my baby seems to be having difficulty with latching on, or if my nipples become sore, I will contact: _____.

If I start feeling sad, I know this is common, I will talk to _____ about ways to help me feel better.

I will sleep when my baby sleeps.

4. THE NEXT FEW MONTHS

Preparing to spend time away from my baby

Yes...

- I can learn to express, collect and store my milk for when I am away from my baby.
- I will talk with my employer about supporting my continued breastfeeding.
- I will choose a child care provider who understands and supports breastfeeding.
- I will practice ways to breastfeed discreetly so I can become comfortable feeding my baby in front of others.
- If I think I may need a breast pump, I will call WIC and they will help me get a pump that meets my needs.

My baby will be 4 days old on: _____.

My baby has a doctor's appointment scheduled for 3-5 days after birth.



Some signs that breastfeeding is going well and I'm making enough milk:

- My baby is breastfeeding at least 8-12 times every 24 hours.
- My baby has at least 4 yellow bowel movements every 24 hours by day 4
- I can hear my baby gulping or swallowing at feedings.
- Once my baby latches on, my nipples do not hurt when my baby nurses.
- My baby is receiving only breastmilk (no water, sugar water or formula).



I will check-in with my pediatrician or my lactation consultant if:

- △ My nipples hurt during feeding, even after my baby is first latched on.
- △ My baby is having fewer than 4 poopy diapers per 24 hours by day 4.
- △ There are any red stains in the diaper after day 3. (It can be common in the first 3 days).
- △ My baby is still having black tarry bowel movements on day 4.
- △ My baby is not breastfeeding at least 8 times every 24 hours.
- △ I can't hear my baby gulping or swallowing, or I can't tell.
- △ My baby does not seem satisfied after most feedings.

Don't wait to call your baby's doctor or the lactation consultant if **you think breastfeeding is not going well.**

My due date is: _____

My health care provider is: _____

Phone: _____

My WIC peer counselor is: _____

Phone: _____

My WIC buddy is: _____

Phone: _____

My birthing partner is: _____

Phone: _____

My mother, in-laws, family & friends who are helping include:

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

My baby's name is: _____ ,

Birth date: _____ Time of birth: _____

Birth weight: _____ Discharge weight: _____

Baby's weight at check-up 2 days after discharge: _____

(It's common to lose up to 7% from birth)

Baby's second week weight: _____

(Baby should regain birthweight by 10 - 14 days)

Northwest Vermont Breastfeeding Resource List

Please call anyone on this list for advice, help or support!

WIC (St. Albans Office) – VT Department of Health

802-524-7970; Support, nutrition information, monthly food benefit and breast pumps for moms returning to work or school.

Call your breastfeeding peer counselor, she's there for you!

Franklin County Home Health Agency

802-527-7531; Visiting nurses

Northwestern Medical Center – Family Birth Center

802-524-1040

Visiting Nurses Association (moms in Grand Isle)

802-860-4400 weekdays, 802-658-1900 nights/weekends

La Leche League

Burlington, Laura 802-985-8228; Essex Junction, Amy 802-310-8951

Lintilhac Breastfeeding Clinic (FAHC)

802-847-2237; Out-patient lactation consults, breastfeeding classes and supplies (insurance accepted)

Lactation Resources of Vermont

802-878-6181; In-home lactation consultants by appointment, supplies

Breastfeeding and Parenting Web Resources

HealthVermont.gov/YouCanDoIt – The WIC Mother Baby Breastfeeding page with resources, video tips and more to help you keep breastfeeding, from the VT Dept. of Health

BabyGooRoo.com – Breastfeeding and child nutrition for parents and professionals

BreastfeedingPartners.org – Breastfeeding information from New York WIC

CDC.gov/Breastfeeding – Breastfeeding information for parents and professionals

GotMom.org – Breastfeeding information and resources for mothers and families from the American College of Nurse-Midwives

KellyMom.com – Breastfeeding information and internet links for mothers

WomansHealth.gov – Breastfeeding questions and answers from the National Women's Health Information Center, Health and Human Services

Breastfeeding and Working Web Resources

WorkAndPump.com – Information about breastfeeding for working moms

YouTube.com/user/cobfcvideos – Three videos about moms, employers and breastfeeding friendly workplaces, developed by the Colorado Breastfeeding Coalition

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