

# My Breastfeeding Checklist

## Pregnancy through the First Weeks

My breastfeeding goal is to exclusively breastfeed my baby for \_\_\_\_\_ months.



Loving  support  
makes breastfeeding work



# Plan for your breastfeeding success and communicate your wishes about breastfeeding your baby. Knowledge + Support + Confidence = Success

## 1 DURING PREGNANCY

### Planning to feed my baby

- 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 or mom to mom group 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 will call my health insurance provider and learn what benefits I have to support birth and breastfeeding.

## 2 PREPARING FOR THE BIRTH

### Getting off to a great start

- I will tell my partner, family, friends and health care provider about my plan to breastfeed, and for how long.
- I will become informed about birth options and their potential effect on breastfeeding.
- I will attend a prenatal breastfeeding class.
- 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 will ask to see the lactation consultant.

## 3 THE FIRST WEEKS AT HOME

### Breastfeeding isn't always easy in the beginning. Reach your goal with a little help.

- 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.

**Your health care providers and WIC are here to help you every step of the way.**

My health care provider is: \_\_\_\_\_

Phone: \_\_\_\_\_

My WIC peer counselor (if available) is: \_\_\_\_\_

Phone: \_\_\_\_\_

My WIC contact is: \_\_\_\_\_

Phone: \_\_\_\_\_

# Breastfeeding 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

**HealthVermont.gov/WIC/Food-Feeding Breastfeeding** – Information about current laws regarding breastfeeding mothers in public and the workplace

**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

**ILCA.org** – International Lactation Consultant Association. Find a lactation consultant in your area and get other helpful resources.

**KellyMom.com** – Breastfeeding information and internet links for mothers

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

**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