

# My Breastfeeding Checklist

## The First Few Months & Beyond

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



Loving  Support®  
makes breastfeeding work



Learn what to expect with breastfeeding and know where to find support.  
**Knowledge + Support + Confidence = Success**



### 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 is having 3-4 poops and 6-8 wet diapers each day.
- 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 baby acts fussy when we nurse and does not seem satisfied after most feedings
- My baby is not breastfeeding at least 8 times every 24 hours.
- My nipples hurt during feeding, even after my baby is first latched on.
- I can't hear my baby gulping or swallowing, or I can't tell.
- I think I'm not making enough milk
- I think my baby isn't gaining weight.

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

## 1 GETTING TO KNOW MY BABY

### Communicating with each other

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)

- I know I want to breastfeed, and can stick with it as I learn my baby's patterns for crying, eating, peeing, pooping and sleeping.
- I am prepared for some challenges, and understand things will get easier as my baby gets older.

## 2 THE NEXT FEW MONTHS

### Continuing the breastfeeding relationship

- 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 breastpump, I will call WIC or my health care provider and they will help me get a pump that meets my needs.
- I will add complimentary solid foods beginning at 6 months.

## 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