

BREASTFEEDING CHECKLIST FOR NEW MOMS



EDUCATION

- ✓ Read books about breastfeeding.
- ✓ Take a breastfeeding class.
- ✓ Talk to friends or relatives who are breastfeeding.
- ✓ Speak to your care provider about what resources are available if you need help breastfeeding.

BIRTH PLAN

- ✓ Include breastfeeding in your birth plan and discuss this with your healthcare professional.
- ✓ Tour your birth place and ask about their breastfeeding policy.

IN THE FIRST HOURS AFTER BIRTH

- ✓ Nurse your baby within the first hour after birth. Consider bringing in your own nursing pillow to help you with positioning and support.
- ✓ Watch for early infant feeding cues.

PARTNER

- ✓ Partners can help you stay hydrated and bring you snacks and supplies while you are nursing.
- ✓ Work with your partner to create a plan to tackle household responsibilities.
- ✓ Take turns changing diapers.

MOM POWER

- ✓ Be patient with yourself and your baby as you both learn to breastfeed.
- ✓ Don't limit your baby's time at the breast or hold your baby off between feedings.
- ✓ Let your baby finish the first breast before offering the other.
- ✓ Learn how to tell if your baby is swallowing milk and having enough dirty and wet diapers.

CARRY ON

- ✓ Wear your baby in a sling or other soft baby carrier as much as possible.
- ✓ Nurse your baby whenever he or she shows signs of hunger. If you are on the go, a nursing cover may offer you and baby privacy when needed.
- ✓ Stay confident, even if your breastfeeding journey is bumpy.



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