

The Right Support for Breastfeeding

Breastfeeding Support

Checklist

Before Baby Arrives

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.
- ✓ Remember, your body knows how to breastfeed your baby.

In the First Hours

After Birth

- ✓ Keep baby skin-to-skin with you.
- ✓ Nurse your baby within the first hour after birth. Consider bringing in your own nursing pillow to help you with those first initial feeds.
- ✓ Remember that colostrum is nutrient-rich and that your baby doesn't need to eat much in the first hours and days of life.
- ✓ Watch for early infant feeding cues.
- ✓ If breastfeeding is not comfortable, get help.

In the First Days

Partner

- ✓ Partners can help you stay hydrated and bring you snacks and supplies while you are nursing.
- ✓ They can help with baby's care, like diapering and bathing, and household responsibilities.
- ✓ Don't use bottles or pacifiers until breastfeeding is well established.

Mom Power

- ✓ Be patient with yourself and your baby as you both learn to breastfeed.
- ✓ Sleep in the same room with your baby; be together as much as possible.
- ✓ 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.
- ✓ Learn how to position your baby for a good latch; a nursing pillow may help with positioning and support.

In the First Weeks

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.

Remember, there are many options for breastfeeding support and information: lactation consultants, breastfeeding specialists, postpartum doulas, community health nurses, or knowledgeable family and friends.

