

Breastfeeding Plan



Name _____

Which baby is this for you? _____

Due Date _____

Did you nurse other children? _____

Joys and Challenges with previous nursing?

I am most confident about what when I think about nursing?

My biggest concerns when thinking about nursing?

Assessment of nipples ... Pinch Test (circle one) In Out

If they hide inward, start wearing shells at 37 weeks of pregnancy.

Name two ways to bring the nipple out or make it easier for baby to latch on.

I can count on family support from and list what they will do for you:

I can count on the following friends supporting me with breastfeeding:

I can count on health care support from:

I can count on community support from:

I can imagine nursing my baby in the following positions:

I will want assistance with the following positions:

I will position my baby tummy to _____, _____ to nipple and _____ to breast.

I can name four ways to wake a sleepy baby:

I can name three hunger cues:

I will feed my baby about _____ times in 24 hours.

Most babies sleep about _____ hours in 24 hours.

My baby may stool _____ times in 24 hours for the first three weeks of life, then the stools may be _____.

If I am returning to work outside the home, I can count on my employer for:

The free "Return to Work" class meets each Tuesday at 1 p.m. in the Breastfeeding and Follow Up Clinic, I will plan to attend on _____.

My biggest concern or barrier to breastfeeding success that I can imagine is:
