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:


Rosen, 2003