

The Right Support for Breastfeeding

Breastfeeding Support Checklist	
Before Baby Arrives	<p>Education</p> <ul style="list-style-type: none"> ✓ 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.
	<p>Birth Plan</p> <ul style="list-style-type: none"> ✓ 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	<p>After Birth</p> <ul style="list-style-type: none"> ✓ 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	<p>Partner</p> <ul style="list-style-type: none"> ✓ 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.
	<p>Mom Power</p> <ul style="list-style-type: none"> ✓ 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	<p>Carry On</p> <ul style="list-style-type: none"> ✓ 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.
<p>Remember, there are many options for breastfeeding support and information: lactation consultants, breastfeeding specialists, postpartum doulas, community health nurses, or knowledgeable family and friends.</p>	

