

My Breastfeeding Plan

Suggestions to help me get ready to breastfeed my baby.

Before my baby is born, I will:

- Share my thoughts and plans for breastfeeding with:
 - The father of my baby, family, and friends
 - My healthcare provider
 - My employer and/or school
- Connect with other moms who are breastfeeding or moms who have breastfed their baby(s).
- Go to a breastfeeding class.
- Ask for help with housework for when I get home with my new baby.

In the hospital, I will:

- Let my nurse, doctor or midwife know that I will breastfeed and that I do not want formula for my baby.
- Refuse samples of formula.
- Breastfeed my baby as soon as possible, and as much as my baby wants.
- Keep my baby skin to skin, next to my heart.
- Let my baby sleep in the same room as me.
- Tell the nurses not to give my baby a pacifier.
- Keep trying to breastfeed if it does not work at first. The more I breastfeed, the easier it will be.
- Ask for help if I have breastfeeding questions or if I am having trouble getting breastfeeding started.

Once I am home, I will:

- Breastfeed my baby as often as my baby wants and wake my baby to feed as needed.
- Avoid formula to protect my milk supply. Breastmilk is the only food my baby needs for the first 6 months of life.
- Keep my baby near, so I can see when my baby is hungry.
- Wait 2 weeks if I want to give my breastmilk in a bottle.
- Wait 2 weeks before giving my baby a pacifier.
- Plan early for returning to work and/or school.
- Call my breastfeeding support person if I have questions or any problems. Name(s): _____



A healthy term baby will:

- Breastfeed every 1-3 hours and at least 8-12 times per day.
- Have 3 or more poopy diapers a day.
- Have 6 or more wet diapers a day.
- Start gaining weight 4 – 5 days after they are born.

Call to get free help with breastfeeding:



State of Wisconsin
Department of Health Services
Division of Public Health
P-00571 (11/2013)