

My Breastfeeding Plan

(Check all that apply and add your own)

I plan to breastfeed my baby and believe that breastmilk is the normal food for babies. Your support and encouragement in the community and in hospital will get us off to a great start so we can succeed at home.

Before birth:

- I plan to attend a breastfeeding class in person or online during my pregnancy to learn about breastfeeding and support in the community.
- I plan to connect with a local peer support group (i.e., La Leche League, WE Breastfeed, Upper Grand Family Health Team Breastfeeding Café)
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At birth:

- I would like to hold my baby skin-to-skin, right away if possible, for as long as possible and until she has breastfed.
- Please keep my baby skin-to-skin on my chest while you examine him and give routine care such as the vitamin K injection.
- When my baby needs bloodwork drawn from his heel, let me keep him skin-to-skin and breastfeed before and during the procedure.
- If I have a cesarean birth, I would like to hold my baby skin-to-skin as soon as she is medically stable. If I am unable to, please allow my partner to do this for me.
- _____
- _____



To help us learn to breastfeed:

- We should try to breastfeed as soon as my baby shows signs that he is ready.
- I plan to continue to hold my baby skin-to-skin as much as possible in the early weeks. This will help my baby wake up to eat and will help him find the nipple and areola on his own.
- Your support will help me to know when my baby is deeply latched on and drinking well.
- I would like to avoid bottles and pacifiers. Please do not give these to my baby.
- My baby should drink only breastmilk. If my baby needs any extra milk, please show me how to hand express so I can give colostrum instead of formula.
- I'd like to keep my baby in my room at all times. This helps me get to know my baby and learn when my baby is ready to breastfeed.
- My partner would like to be involved as much as possible. Their support will help me to breastfeed longer.
- I plan to limit visitors and other interruptions so I can focus on feeding my baby and resting.
- _____

If my baby and I are separated:

- Teach me how to hand express or pump as soon as possible, preferably in the first hour.
- Help us learn to breastfeed as soon as we are both medically stable.
- If needed, provide information about where I can rent a breast pump to use at home.
- If my baby needs formula or IV fluids for medical reasons, please explain the reasons, the risks of adding formula, and any risks involved with the IV. I need as much information as possible to make an informed decision.
- Let me know about ways I can feed my baby that does not include bottles. I would like to know all the options such as using a spoon, cup, or syringe if my baby needs colostrum in the hospital.
- _____
- _____

I Plan to Get More Information About Breastfeeding From:

Public Health Prenatal Education Programs:

- Online Prenatal Program**
 - **FREE** program for individuals or families who are pregnant and living in Wellington, Dufferin or Guelph.
 - Provides information about pregnancy, labour and birth, breastfeeding and early parenting.
 - Sign up early in pregnancy to get the most out of the program.
- In-Person Prenatal Series**
 - Evening and weekend group sessions about pregnancy, labour and birth, breastfeeding and early parenting.
 - The cost is \$90.
 - No additional cost to bring a partner or

In-Person Breastfeeding Education

- A 2-hour group session offered weekday evenings.
- The cost is \$20.
- No additional cost to bring a partner or support person.
- Fee can be waived if needed.

How to register:

- **Register online** anytime by visiting our website or call 1-800-265-7293 Monday to Friday from 9am-4pm.

Pregnancy to Parenting Program [Guelph]

- A weekly group about pregnancy and parenting for women facing challenging life circumstances, such as financial or nutrition concerns, cultural barriers, lack of social support or teen pregnancy.
- To register call 1-800-265-7293 ext. 3616 before 30 weeks of pregnancy if possible.

Other Breastfeeding Education Sources:

- FREE online breastfeeding course!
<http://breastfeedinginfoforparents.ca/>
- Dr. Jack Newman's website: www.nbc.ca for breastfeeding videos and information sheets.
- Information about breastfeeding and medication, drugs, or alcohol:
www.motherisk.org or call 416-813-6780.
- Other breastfeeding education options: Speak to your healthcare provider or doula about other options in your community.

Call **Let's Talk Parenting** at 1-800-265-7293 ext. 3616 to speak to a public health nurse or go to our website for more information.