

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 during my pregnancy to learn about breastfeeding and support in the community.
- ☐ I plan to connect with a local peer support group (see list on page 2)
- ☐ _____

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 her heel, let me keep her skin-to-skin and breastfeed before and during the procedure.
- ☐ If I have a C-section, I would like to hold my baby skin-to-skin as soon as he 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 she is ready.
- ☐ I plan to continue to hold my baby skin-to-skin as much as possible in the early weeks. This will help him wake up to eat and to 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 she needs extra milk, please show me how to hand express so I can give colostrum instead of formula.
- ☐ I would like to keep my baby in my room at all times. This helps me to get to know my baby and learn when he 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 do 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:

Prenatal Education Programs:

- ☐ **WDGPH's Online Prenatal and New Parent Program**
 - **FREE** program for individuals or families who are pregnant or have a new baby and live in Wellington, Dufferin or Guelph.
 - Provides information about pregnancy, labour and birth, breastfeeding and early parenting.

How to register:

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

☐ 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 Guelph CHC at 519-821-6638 ext. 339 or email jwells@guelphchc.ca

Other Breastfeeding Education Sources:

- ☐ Local peer breastfeeding support groups:
 - ☐ Infant Feeding Drop-In: Breasts & Bottles Group (in Fergus). Visit www.uppergrandfht.org
 - ☐ Guelph CHC Breastfeed and Chestfeed program. Visit www.guelphchc.ca
 - ☐ La Leche League. Contact your local chapter Facebook group for support. Visit www.lllc.ca
- ☐ Dr. Jack Newman's website: www.nbci.ca for breastfeeding videos and information sheets.
- ☐ Information about medication, drugs, or alcohol while pregnant or breastfeeding: www.MotherToBaby.org
- ☐ Speak to your healthcare provider or doula about other options in your community.

Questions about pregnancy, breastfeeding or parenting? Call our **Client and Community Support Call Centre** at 1-800-265-7293 ext. 7006 to speak to a public health nurse, or go to [our website](#) for more information.