



Make it Yours

Plan for your success and share your wishes about breastfeeding your baby.

Knowledge + Support + Confidence = Success

Preparing for My Baby's Birth: Getting off to a great start!

- ☐ I will talk with my partner, family, friends and healthcare provider about my plan to breastfeed, and for how long.
- ☐ I will attend a prenatal breastfeeding class.
- ☐ I plan to have my baby skin-to-skin right after birth.
- ☐ I plan to feed my baby within the first hour after birth.
- ☐ I plan to room-in with my baby in the hospital.
- ☐ If my baby is having trouble with feeding in the hospital, I will ask to speak with a nurse or a lactation consultant.
- ☐ I will ask about support groups available to me before I leave the hospital.

The First Weeks at Home:

Being a new mom/parent isn't always easy. Reach your goals for breastfeeding by having a plan.

- ☐ Two people that I can trust and call on for helpful advice or support are:

- ☐ For my first week at home, these people can help with:
Laundry: _____ House Cleaning: _____
Groceries: _____ Errands: _____
Care of older children: _____
Meals: _____

- ☐ If my baby seems to have difficulty with feeding, latching or if my nipples become sore, I will contact:

- ☐ If I start feeling sad or overwhelmed, I know this is common, I will talk to _____ about ways to feel better.
- ☐ I will sleep or rest when my baby sleeps.

Your health care providers and WIC are here to help you every step of the way.

My health care provider is: _____

Phone: _____

My WIC contact is: _____

Phone: _____

My WIC peer counselor (if available) is: _____

Phone: _____



Produced in part with federal funds from the Centers for Disease Control and Prevention and U.S. Department of Agriculture; content does not necessarily reflect the view or policies of U.S. Government or imply endorsement.

This institution is an equal opportunity provider.