

## Breastfeeding Resources

**BabyGooRoo.com** – Breastfeeding and child nutrition for parents and professionals

**BreastfeedingInCombatBoots.com** – Information tailored to support military breastfeeding moms

**BreastfeedingPartners.org** – By selecting “Work & School,” then “Making It Work Toolkit,” this will bring you to an online resource for breastfeeding mothers returning to work or school. The Toolkit is designed to provide assistance to breastfeeding mothers as well as tools and information for businesses and families.

**CDC.gov/Breastfeeding** – Breastfeeding information for parents and professionals

**Health.ny.gov/prevention/nutrition/wic/breastfeeding** – The New York State WIC Breastfeeding webpage with resources to support moms’ breastfeeding goals from the NYS Department of Health

**Health.ny.gov/prevention/nutrition/wic/breastfeeding/back\_to\_work\_mom** – Information to help moms going back to work and current laws for mothers breastfeeding in public

**ILCA.org** – International Lactation Consultant Association. Find a lactation consultant in your area and get other helpful resources.

**KellyMom.com** – Breastfeeding information and internet links for mothers

**WICBreastfeeding.fns.usda.gov** – United States Department of Agriculture’s resources to support breastfeeding mothers. Topics include the benefits of breastfeeding, breastfeeding supplies, baby hunger cues, delivery room 101, various feeding holds, and the phases of breast milk.

**WomensHealth.gov/breastfeeding** – Breastfeeding questions and answers from the Office on Women’s Health, Health and Human Services

**WorkAndPump.com** – Information about breastfeeding for working moms

**YouTube.com/user/cobfcvideos** – Three videos about moms, employers and breastfeeding friendly workplaces, developed by the Colorado Breastfeeding Coalition



# My Pregnancy and Baby’s First Few Weeks: A Checklist

My goal is to feed my baby breast milk for \_\_\_\_\_ months.





Plan for success. Communicate your wishes about feeding your baby.  
**Knowledge + Support + Confidence = Success**

## 1. DURING PREGNANCY

### Planning to feed my baby

- I will learn the differences between formula and breast milk.
- I will discuss breastfeeding with my doctor or other health care providers.
- I am preparing for lifestyle changes, like quitting smoking, drinking or using, and will seek support for these changes.
- I plan to connect with a peer counselor or mom-to-mom group before the birth.
- I understand that learning how to read my baby's cues will take practice.
- I know that WIC can help if there are challenges.
- I will call my health insurance provider and learn what benefits I have to support birth and breastfeeding.

## 2. PREPARING FOR THE BIRTH

### Getting off to a great start

- I will tell my partner, family, friends and health care provider that I will breastfeed my baby.
- I will learn about different birth options and how they will affect me and my baby.
- I will attend a prenatal breastfeeding class.
- I will bring my completed Infant Feeding Plan (from the back of the Hospital Experience booklet) with me to the hospital.
- I plan to have my baby skin-to-skin right after birth.
- I plan to feed my baby within the first hour.
- I plan to room-in with my baby in the hospital.
- I will limit visitors so we can rest and be skin-to-skin.
- If my baby is having trouble latching on in the hospital, I will ask to see the lactation consultant.

## 3. THE FIRST WEEKS AT HOME

### Reaching your goal with a little help

- Two people that I can trust and call on for helpful advice are: \_\_\_\_\_ & \_\_\_\_\_
- For my first week at home, these people can help with:  
Laundry: \_\_\_\_\_ House cleaning: \_\_\_\_\_  
Groceries: \_\_\_\_\_ Errands: \_\_\_\_\_  
Care of older children: \_\_\_\_\_ Pets: \_\_\_\_\_  
Meals: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
*Check out MealTrain.com – a free website to organize meal giving and receiving.*
- If my baby seems to have trouble latching on, or if my nipples become sore, I will contact: \_\_\_\_\_
- If I start feeling sad, I will remember this is common. I will talk to \_\_\_\_\_ about ways to help me feel better.
- I will sleep 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 peer counselor (if available) is: \_\_\_\_\_

Phone: \_\_\_\_\_

My WIC contact is: \_\_\_\_\_

Phone: \_\_\_\_\_

**As soon as you think you or your baby needs help, call your baby's doctor or the lactation consultant.**