

Breastfeeding Plan for Hospital Care Providers

I am so excited to have my birth at your hospital! I have heard wonderful things about your labor and delivery team from friends and family. I created a feeding plan so all my care providers know what my goals for feeding are.

- Please help me breastfeed while doing skin to skin within first 2 hours, right after birth. I want this time to be uninterrupted by medical procedures as long as we are both medically safe.
- Please assist me with latching and hand expression.
- Please help me store any colostrum or milk that I obtain.
- As long as my baby and I are stable, vaccinations, other medications-and even my baby's weight, can wait until after the first 2 hours.
- I would like to wait 24 hours for baby's first bath.
- If I am given intravenous fluids, I would like to use the baby's weight at 24 hours as their true weight due to diuresis of fluids obtained during delivery.
- Should my baby and I be separated after birth for a medical reason, my partner or an appointed person will be with baby the entire time.
- Should my baby and I be separated at any time at all, I request to start pumping during that separation.
- Please have the hospital IBCLC visit us for a feeding consult.

Absolutely no pacifiers or bottles are to be given to baby:

- Should my baby need a medical test or a procedure, I request that me or my partner are with and use a clean finger to allow baby to suck rather than a pacifier.
- No sugar water to be given to baby for medical procedures. Instead, I request using my expressed breast milk via syringe and sucking on my or my partner's finger for pain relief.

If there is a medical indication for my baby to be supplemented:

- Baby is to be fed only my expressed breast milk. If more volume is needed then I request Human Donor Milk. If no human donor milk available, I will allow formula.
- Do NOT use a bottle. Use a spoon, cup or syringe only.
- Do not take baby to the nursery. We request to room in.