For My Baby... (To help us to get off to a good start with breastfeeding!) I will:

____ Tell my health care providers (my doctor, my baby’s doctor, and the hospital) that I am going to breastfeed

____ Put my baby to breast as soon as possible after birth (preferably within the first hour)

____ Keep my baby with me in my hospital room

____ Breastfeed my baby whenever he shows signs of being hungry (before he starts to cry)

____ Nap some when my baby is asleep during the day so that I can be up with him at night

____ Have my baby weighed when he is 7-10 days old (or at any other time if I am concerned about whether he is gaining well)

____ Avoid giving my baby bottles or pacifiers for the first 3-4 weeks

____ Hand express or pump my milk if supplementation is needed (either because of a breastfeeding problem or if we are separated for work, school, or other reasons so that I will keep making milk and so that my baby can get my milk instead of formula)

____ Ask for help if I feel that my baby is not getting enough to eat or if I am experiencing breast or nipple pain or other problems

People I can call for help with breastfeeding problems or questions, for weight checks, or for help with learning hand expression or obtaining a pump if one is needed.