

Breastfeeding

It is a scientific fact that breast milk is the best food for babies. Unfortunately, beginning a breastfeeding relationship is not always as easy as new families would like. This worksheet will help you organize your thoughts and concerns about breastfeeding so you can be as prepared as possible when your baby arrives.

I want to breastfeed because:

I am concerned about:

I have the following sources of support:

I understand that for breastfeeding to be successful, in the early weeks:

- I must be available as often as my baby needs to nurse, which may be as often as every hour during some parts of the day. If I am not available, I will need to have pumped milk for my baby and will need to pump my breasts while I am away.
- Trying to put my baby on a schedule should be avoided since it can cause problems with milk production.
- Artificial nipples, including bottles and pacifiers can cause problems and should be avoided.
- I will need to maintain excellent nutrition to keep myself healthy.
- The initial latch may cause me a moment of pain, but overall breastfeeding should not hurt.
- I can use whatever position is convenient for nursing, as long as my baby's neck is not twisted and the latch is correct.

I expect breastfeeding to be:

WHERE CAN YOU FIND HELP?

Breastfeeding help is always available for new families. Depending on where you live, you may have access to:

Lactation Consultants

Usually nurses, Lactation Consultants have advanced training to help you solve breastfeeding problems. Check your phone book or ask for a referral at a local hospital.

La Leche League

Check your phone book to see if your community has a local meeting. You can also find information at their website.

Doulas

Many doulas are able to help you work through normal breastfeeding adjustments.

Breastfeeding Mothers

Other women who have successfully breastfed are usually willing to help solve common problems.