



My Breastfeeding Plan_____

Please read fully:

- ★ My goal is to Exclusively Breastfeed my baby, please do not give my baby anything other than my breastmilk with my consent.
- ★ Please place baby skin to skin with me immediately after my delivery, if I am unable to have skin to skin please have my baby placed skin to skin with my birthing partner.
- ★ Please leave us undisturbed for at least one hour for this skin to skin time.
- ★ No Bottles or Pacifiers please. If we need to supplement, we would like syringes.
- ★ Please allow all routine exams to be done while my baby is skin to skin with me.
- ★ I would like my baby to room-in with us 24-hours a day, for any reason if my baby is away from me please bring him/her to me at the earliest hunger cues, crying or rooting.
- ★ If I am unable to breastfeed my baby asap or if baby is separated for medical reasons, please instruct me on how to hand express or pump my breasts as soon as possible so I can begin making a robust supply for my infant. Jaundice and low blood sugar formula supplementations should be a last resort. **I would like to supplement with my own breastmilk first. Please teach me how to syringe feed my baby if formula needs to be introduced.**
- ★ Please do not send me home with any formula or formula marketing material, I plan to work with a Lactation Consultant if any breastfeeding difficulties arise, if you have any IBCLC resources I would love that!

Thank you for respecting my wishes and helping me
provide the best for my baby!



Lactation Counseling Services
Counseling Support Education

Provided By: Lactationcounselingservices.com

