Breastfeeding Worksheets

To help you develop a plan to initiate breastfeeding at the hospital and to sustain breastfeeding after returning to work or school.

My Breastfeeding Goals

I plan to exclusively breastfeed my baby for ____ months.

I plan to non-exclusively breastfeed my baby for ____ months.

I plan to go back to work or school ______ weeks after delivery while continuing to breastfeed my baby.

I plan to breastfeed my baby for ______ year(s).
My Breastfeeding Plan in the Hospital

- I would like the baby to be placed skin-to-skin with me immediately after the birth.
- If I have a c-section, I would like to hold the baby skin-to-skin as soon as possible. If I am unable to hold my baby for some time, I would like my partner to hold my baby skin to skin.
- I want to initiate breastfeeding within the first hour. I would like to give the baby an opportunity to self-attach, and I do not want the baby forced into the first feeding.
- I would like all newborn procedures delayed until after the first feeding, and done with the baby lying on me or being held by me.
- I want my baby to stay in my room with me, and I want to hold my baby skin-to-skin as much as possible during our stay.
- I would like help in establishing a comfortable and effective latch, and learn different positions for nursing my baby. I would also like assistance in learning hand expression, how to recognize swallowing, and what to expect in the days following discharge.
- If I encounter any breastfeeding problems, I would like help from an International Board Certified Lactation Consultant or other staff trained to assist breastfeeding mothers.
- I do not want any water, glucose water, formula, bottles, or pacifiers given to my baby. If there is a medical need for supplements, I would like the opportunity to discuss it with my pediatrician and lactation consultant first.
- If I am separated from my baby for any reason and unable to establish breastfeeding, I would like assistance using a breast pump to establish my milk supply.
- I do not want to be given or shown any promotional material on formula, including diaper bags, crib cards, or the formula itself.
- I would like to receive information on breastfeeding support resources in my community.
- I would like help from the hospital staff to manage my visitors so I have private time to breastfeed my baby.
My Breastfeeding and Working Plan

What is the maximum maternity leave I will be able to take?___________________
____________________________________________________________________

Who will care for my baby while I am at work? ______________________________
____________________________________________________________________

How will I gradually return to work? ______________________________________
____________________________________________________________________

Where I can express my milk at work? _____________________________________
____________________________________________________________________

Times when I can realistically express milk at work
1. __________________________________________________________________
2. __________________________________________________________________
3. __________________________________________________________________
4. __________________________________________________________________

Type of breast pump I can use___________________________________________

Where will I store milk while at work?_____________________________________

Where will I store milk I bring home from work?_____________________________

My plans for breastfeeding my baby before/during/after work__________________
____________________________________________________________________

Things I will discuss with my supervisor___________________________________
____________________________________________________________________

Who can help me with my questions and concerns?
1. ___________________________ Phone:_______________________
2. ___________________________ Phone:_______________________
3. ___________________________ Phone:_______________________

Adapted from the U.S. Department of Health and Human Services publication “Business Case for Breastfeeding: Outreach Marketing Resources.”