

My breastfeeding goal in the hospital



My goal is to breastfeed/chestfeed successfully. Feel free to gently encourage me to continue to breastfeed or chestfeed, even though it might be difficult at first. Remind me that my baby and I are learning and feeding my baby will get easier the longer I do it. Believe in me as a strong, competent person whose body was made to feed my baby. Affirm my attempts to meet my goal.

- I would like the baby to be placed skin to skin with me immediately after the birth.
- If I have a cesarean section, I would like to hold my 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/chestfeeding within the first hour. I would like to give the baby time 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 with my baby lying on me or 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 to find a comfortable and effective latch and learn different positions for nursing my baby. I would also like to learn how to hand express my milk, how to recognize my baby is swallowing, and what to expect in the days following discharge from the hospital.
- If I encounter any breastfeeding/chestfeeding problems, I would like help from an International Board Certified Lactation Consultant or other trained staff.
- 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, including the option for donated human milk.
- If I am separated from my baby for any reason and unable to establish breast or chestfeeding, I would like to learn how to use a breast pump to establish my milk supply.
- I do not want to be given or shown any promotional materials on formula, including diaper bags, crib cards, or the formula itself.
- I would like to receive information on lactation support resources in my community.
- I would like help from the hospital staff to manage my visitors so I have private time to feed my baby.

Adapted with permission from Student Health Services, University of South Carolina's "Breastfeeding Worksheets."