

BREASTFEEDING CARE PLAN

Patient Name

Date

Consultant Name

Feeding frequency

- Hold your baby skin to skin as much as possible. This calms a fussy baby, wakens a sleepy baby and helps you see baby's early feeding cues: wiggling while asleep, fluttering eyelids, bringing hands to mouth, or sucking on hands. Crying is the late cue and baby needs to be calmed first.
- Feed on cue, 8 to 12 times in 24 hours. Your baby may feed several times in a row and then sleep for a stretch of time. Practice makes perfect for both moms and babies!

Position

- Baby's body completely faces you with baby's ear, shoulder and hip in a straight line.
- Hold skin to skin, chest to breast, baby's chin lifted, leading latch, nose in line with your nipple.
- Keep baby close to you, supporting the shoulders and back. Brace buttocks against your side.
- If there is any pinching or pain, bring the baby closer to your body. If this is not better, re-latch for optimal comfort. If baby is not latched in five minutes, stop. Pump and feed the baby expressed breastmilk. Use formula if necessary.

Latch

- Mouth wide open
- Tongue over the gum line
- Lips rolled out
- Comfortable and feeling like a tug, a pull or a draw. See Guide to Help you Breastfeed.

Duration

- Allow baby to finish the first side then offer the second. Baby may only nurse on one side.
- Massage and compress the breast during feeding to increase milk flow.
- Listen for frequent swallows .

Monitor output

- Keep track of how many wet/dirty diapers baby has on Pages 18-19 of your booklet.

Nipple /breast care

- Massage and hand express.
- Apply expressed breastmilk to your nipple and areola.
- Expose to air for 10 to 20 minutes.
- Wear shells as instructed. Do not use while sleeping.
- Use Lansinoh 3 times a day sparingly on damaged skin only.
- Use salt water solution after feeding if needed. Rinse and pat dry. Apply expressed breastmilk.
- Use reverse pressure to lessen any areolar swelling (see Guide to Help You Breastfeed).

Frequency of pumping

- Apply warm compress, massage and hand express before pumping to increase milk flow.
- Pump 8 to 10 times every 24 hours.
- Double pump 12 to 15 minutes or single pump 15 minutes on each side.

Supplementation

- Not necessary at this time
- Supplement - give any amount of pumped milk and enough formula, if necessary, to total _____:

Recommended follow up

- Pediatric provider
- OB/CNM
- Outpatient lactation visit (call the Warm Line at 800-711-7011)