

Hospital plan for breastfeeding success

A hospital plan for breastfeeding success is a **short, simple plan** that helps you share your breastfeeding goals with the nurses and doctors that help you before, during, and after birth. It helps everyone know **what's important to you** when it comes to feeding your baby. It may look something like this:



Before birth:

- I'd like to learn more about breastfeeding before delivery.
- I want support from a lactation consultant as soon as it's available.
- Include my partner or support person in breastfeeding education if possible.

Right after birth:

- I want to hold my baby skin-to-skin right away—unless there's a medical reason not to.
- I want to breastfeed my baby within the first hour after birth.
- Please delay routine procedures (like weighing and bathing) until after we've had time to bond and nurse.

During my hospital stay:

- I plan to only breastfeed. Please don't give my baby formula, water, or a pacifier unless I request it or it's medically needed.
- I'd like to learn how to position and latch my baby.
- If my baby needs to be away from me for special care, I'd like to start pumping to protect my milk supply.
- Please support my decision to room-in with my baby 24/7.

If I have a c-section:

- I'd like to do skin-to-skin as soon as it's safe—even in the operating room if possible.
- I'd like help breastfeeding as soon as I'm able to.

Before I go home:

- I'd like to meet with a lactation consultant.
- I'd like to know how to get WIC breastfeeding support or other help after I leave the hospital.