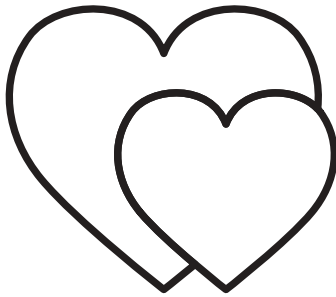


Breast Feeding Plan



Hold Your Baby Skin to Skin

- Have your baby wear only a diaper and remove your bra.
- Snuggle your baby upright on your chest, nestled between your breasts.
- Spend time skin to skin between feedings.

1. Breastfeed Your Baby

- Nurse your baby every three hours or more often if baby would like.
- Expect a minimum of 8 feedings in 24 hours. More is okay!
- Make sure baby is sucking and swallowing by massaging your breasts to help the milk flow.
- Skin to skin contact during feedings helps baby awake and nurse.

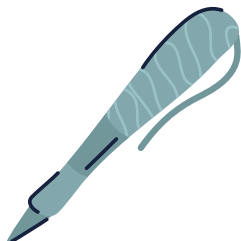


2. Give Your Baby Extra Milk

- Give your baby _____ ounces (_____ ml) of your milk or formula. (1oz = 30 ml)
- When: _____
- How: _____

3. Pump Your Breasts

- Pump both breasts at once after every breast feed for 10-15 minutes.
- Breast milk can sit on the counter for 6 hours, stay in the fridge for 6 days, and last in the freezer for up to 6 months.



Write It Down

- Fill out your feeding log given to you by your doctor.
- Bring your feeding log to all future appointments.