

Your Home Breastfeeding Plan

Baby's Name _____ PHN: _____ Phone: _____
Breastfeeding Hotline (24 hours): 788 - 8667

1. FEEDING:

- Feed at least 8-12 times in 24 hours, which is at least every 1-3 hours.
- Use breast compressions to help keep baby awake and to make it easier for baby to get the milk.
- If your baby does not feed well from the breast, supplement your baby as outlined in the Supplementation Plan (see below).

2. If you have supplemented your baby then:

PUMPING:

- Pump your breasts for 10-15 minutes every 3 hours. A double electric hospital grade pump is the most effective way.
- Put warm compresses on, massage, and shake your breasts before pumping to increase milk flow.
- You need to be relaxed and comfortable to help with milk flow when pumping. Having baby close to you often can help.

3. STORAGE:

- Store breast milk according to the directions in "Caring For Your Baby", the booklet from the hospital.

4. CARE OF EQUIPMENT:

- Wash finger feeding/SNS and pumping equipment in hot soapy water after every use and rinse well.
- Discard feeding tubes after 24 hours.
- Sterilize pumping equipment once a day.
- Bottles and nipples should be sterilized after every use.

SUPPLEMENTATION PLAN:

Date: _____

Initial _____

Date: _____

Initial _____

Date: _____

Initial _____