

# Breastfeeding Care Plan Checklist

## How often to feed your baby:

- Hold baby skin to skin as much as possible.
- Feed on cue (feed your baby on demand).

Other tips: \_\_\_\_\_

## Positions for breastfeeding:

- Baby's body 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.
- Bring baby closer to your body if there is pinching or pain from the latch. If this is not better, re-latch and try again.

Other tips: \_\_\_\_\_

MOTHER'S VIEW OF NURSING BABY



head tilted slightly back  
chin well in against breast  
hold in firmly against shoulders keeping baby uncurled

RECOMMENDATIONS FOR THE MOTHER

Source: Lactation-911.com

## Help with latch:



- Mouth wide open.
- Tongue over the gum line.
- Lips rolled out.
- Should be comfortable and feel like a tug, a pull, or a draw.

Other tips: \_\_\_\_\_

Source: The Mama Coach

## How long to feed your baby:

- Let your baby finish the first side and then offer the second. Your baby may nurse only on one side.
- Massage and compress breast during feeding. This will help with your milk flow.
- Listen for frequent swallows.

Other tips: \_\_\_\_\_



## Nipple or breast care:

- Massage and hand express.
- Put expressed breast milk on your nipple and areola.
- Expose nipples to air for 10-20 minutes to help treat thrush. Thrush is like a yeast infection that can form in a baby's mouth or on the parent's nipples. It can cause a lot of pain while breastfeeding.
- Follow the directions when wearing breast shells. Do not use while sleeping.
- Use nipple cream 3 times a day on damaged skin only.
- Use salt water solution after feeding if needed. Rinse and pat dry. Put expressed breast milk on your nipple and areola.
- Use reverse pressure to lower swelling. You can use reverse pressure to help with latching and removing your milk.

Other tips: \_\_\_\_\_

## Pumping tips:

- Power pumping/Cluster pumping (see handout)
- Put on a warm compress, massage, and hand express before pumping to help release more milk.
- Pump 8 to 10 times every 24 hours.
- Double pump 12 to 15 minutes or single pump 15 minutes on each side.
- Proper care and storage. Put pumped milk in the fridge or in the freezer. Label with the date.



Other tips: \_\_\_\_\_

## Supplementation:

- Not needed at this time.
- Supplement (add in) any amount of pumped milk and enough formula. Total: \_\_\_\_\_

Other tips: \_\_\_\_\_

## Who you should see:

- IBCLC (an expert in breastfeeding)
- Obstetrician (your pregnancy doctor)
- Breastfeeding support group
- Clinic/ER
- Pediatrician (your baby's doctor)
- Other: \_\_\_\_\_

# Tracking Log for Breastfeeding and Pumping

This log will help you track how often and how long you breastfeed your baby throughout the day. If you check **Feed**, write down how many minutes your baby stays at each breast. You can also use this log to track the amount of breast milk you pump. If you check **Pump**, write down how many ounces (oz.) or milliliters (mL) of milk you pump from each breast.

Date: \_\_\_\_\_ Age of baby: \_\_\_\_\_

Time of day	Check one	Left breast	Right breast	Total minutes or total amount	Notes:
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	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
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	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

# Tracking Log for Diapers

Check a box for each wet or dirty diaper your baby has throughout the day.

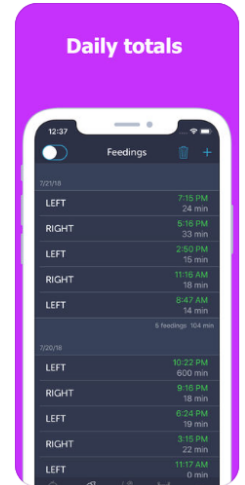
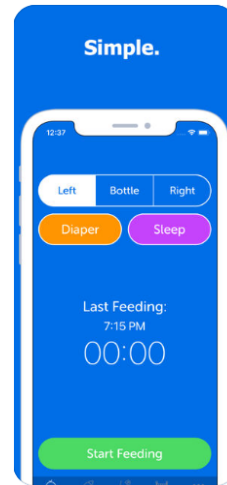
Date	Wet diapers	Dirty diapers	Notes:
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# You can also use these free apps to help you track feedings, diaper changes, and more.

## Baby Feeding Log

(Available for download from the Apple App Store)

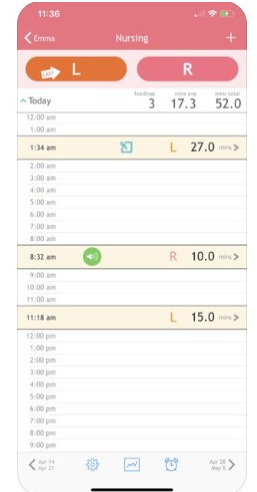
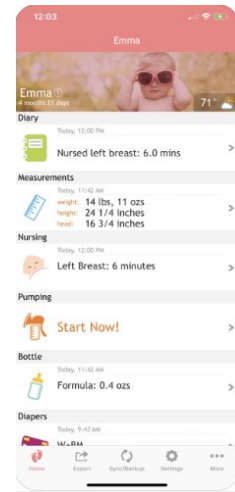
- Track feedings and what breast was last used.
- Track bottle feedings.
- Track your baby's sleep and nap schedule.
- Track diaper changes.
- View daily totals.



## Baby Nursing

(Available for download from the Apple App Store)

- Track breastfeeding progress in real time.
- Get detailed info on your feeding progress (such as graphs and charts that show how much you've fed your baby).
- Track your baby's growth.
- Track your baby's sleep and nap schedule.
- Track diaper changes.



## Baby Tracker and Breastfeeding

(Available for download from the Apple App Store)

- Track breastfeeding and bottle feeding.
- Track the amount of solid food your baby eats.
- Track the amount of breastmilk pumped.
- Track sleep and diaper change info.
- Track activity for more than one baby.

