

BREASTFEEDING PLAN

FIRST 24 HOURS

Environment

- _____ Dim lighting
- _____ Soft music
- _____ Limited visitors

Skin-to-Skin

- _____ Skin-to-skin immediately
- _____ Skin-to-skin until the first feeding occurs
- _____ Routine assessments done without interrupting skin-to-skin

Rooming-In with Baby

Yes/No

Baby's First Bath

- _____ We will do it at home
- _____ In-room
- _____ Nurse-assisted

Baby's 24-hour weight

_____ lbs _____ oz

I'D LIKE A LACTATION CONSULTANT, PLEASE!

Feeding

- _____ Breastfeeding
- _____ Breast pumping
- _____ Hand expression
- _____ Alternative feeding, if needed

PLEASE WAKE ME TO NURSE MY BABY.

PLEASE NO.....

- Swaddling
- Pacifiers
- Formula

Visitors

Yes/No | Visitors list
