



## MY BREASTFEEDING BIRTH PLAN

I have made the decision to breastfeed my baby. My breastfeeding birth plan is my plan of action to help my health care providers understand my feeding goals. I know how important receiving professional support is for success. I am asking you for your support, knowledge and encouragement.

Below is my breastfeeding birth plan. **Please assist me in the following ways:**

- Place my baby on my chest, **skin-to-skin\*** with me, right after the birth. In the event of a caesarean delivery, please assist me to hold my baby as soon as possible after delivery.
- Allow my partner or support person to provide **skin-to-skin\*** contact in the event that I am unable to have my baby placed on my chest.
- Allow my baby to explore my chest to find my breast and **self-attach\*** as soon as possible after birth.
- Assist me to hand express and/or pump some **colostrum\*** for my baby if we are having difficulty getting started.
- Allow my baby to stay in my room as much as possible while we are learning to breastfeed.
- Assist me to develop a good milk supply. I do not want my baby to receive any kind of bottle or soother for this reason.
- Advise me of all options available to me if a breastmilk substitute is **medically indicated\***. I do not want my baby to receive a breastmilk substitute unless it is medically indicated.
- Personal Request:

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I am fully committed to this breastfeeding birth plan and I understand what my plan means for myself, my partner, my baby and my nurse.

Thank you for helping us.

Mother's Signature: \_\_\_\_\_

Partner/Support Person: \_\_\_\_\_

Date: \_\_\_\_\_

\* see back



## Breastfeeding Matters:

An important guide to breastfeeding for  
women and their families

### Skin-to-Skin

Skin-to-skin is a way of holding your baby that both babies and parents find enjoyable. Baby wears only a diaper and is held in an upright position on the mother's bare chest. A light blanket can be draped across baby's back. When babies are held skin-to-skin they can hear their mother's heart beat and breathing, and smell and feel her skin. This is familiar and comforting to newborns.

*Why is skin-to-skin so important?*

Skin-to-skin...

- ◆ Stabilizes your baby's heart rate, breathing and blood sugar.
- ◆ Keeps baby warm through your body heat.
- ◆ Promotes bonding and getting to know your baby.
- ◆ Helps baby to be calmer and cry less.
- ◆ Helps mom to be more confident and relaxed.
- ◆ Helps your milk flow and may improve milk supply.
- ◆ Allows your baby to be more likely to latch well. This means that you are less likely to develop sore nipples and your baby will get more milk.

Hold your baby skin-to-skin as soon after birth as possible for at least one hour. Continue holding your baby skin-to-skin often and for long periods. Premature babies benefit from this too. Sometimes this is called kangaroo care. Older babies will also enjoy skin-to-skin holding. If you had a caesarean section, your partner or another person you are close to, can practice skin-to-skin too.

### Self-Attach (Baby-led Latching)

Baby-led latching is a natural and simple way for your baby to find your breast. It is also helpful when your baby is learning to breastfeed, when your baby is not breastfeeding well, or when your nipples are sore.

- ◆ Sit comfortably with support and sit back a little.
- ◆ Hold your baby skin-to-skin on your upper chest and between your breasts, so that her tummy touches your chest.
- ◆ Your baby will start moving her head up and down looking for your breast. This may look like bobbing or pecking.
- ◆ Support your baby's neck, shoulders, and bottom while she moves towards your breast.
- ◆ Your baby will find your nipple.
- ◆ Your baby will push her chin into your breast, reach up with an open mouth, and latch to your breast.
- ◆ Once your baby is latched, you and your baby can find a comfortable position.

### Colostrum

Colostrum is the first milk that you produce for your baby. This milk is thick, sticky, yellow in colour and rich in protein, nutrients and antibodies (disease fighting cells). You make small amounts of colostrum for your baby (1-2 tsps), enough to fill your baby's tummy during the first few days. After a few days, your milk will change in colour and appear thinner.

### Medically Indicated

In some cases there may be a medical reason for the use of breastmilk substitute. In these cases, the use of breastmilk substitute is a medical treatment that should be discussed with your health care provider.

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