CREATING YOUR BREASTFEEDING PLAN

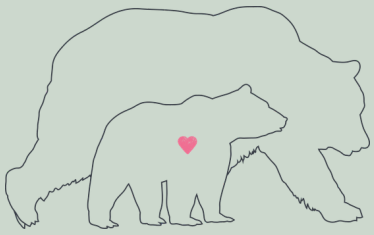
BREASTFEED WITH CONFIDENCE

use this guide to start creating your breastfeeding success plan!

CONTACT:

JAIMIEZAKI@LITTLEBEARLACTATION.COM

@LITTLEBEARLACTATION



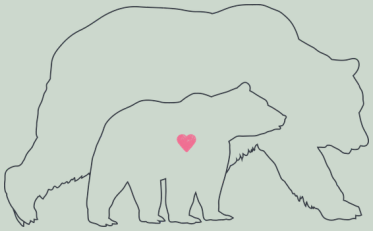
BREASTFEEDING GOALS

How long do you hope to breastfeed?

Why is breastfeeding important to ***you***?

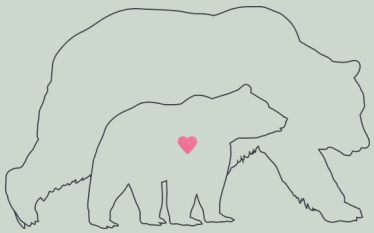
Were you breastfed as a baby?

What were the breastfeeding experiences of your close friends and family like? What examples of positive breastfeeding stories have you witnessed?



BREASTFEEDING CONCERNS

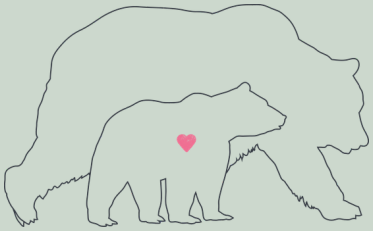
List any concerns you have about breastfeeding here:



HAVE YOU EXPEREINCED THE FOLLOWING?

Y	N	
☐	☐	Tongue/Lip Tie
☐	☐	Extreme orthodontic work
☐	☐	Long Term Use of Hormonal Birth Control
☐	☐	PCOS
☐	☐	Diabetes (Type 1 or Type 2)
☐	☐	Previous breastfeeding issues
☐	☐	Thyroid Conditions
☐	☐	Irregular Periods
☐	☐	Unexplained trouble getting pregnant
☐	☐	Recurrent pregnancy loss
☐	☐	History of Cancer/Breast Cancer
☐	☐	History of Breast Surgery (reduction, implants, trauma, etc)

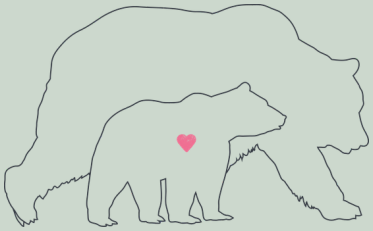
If you checked “yes” for some or all of these experiences, you could be at a higher risk of having challenges breastfeeding. Experiencing some or all of these conditions does not mean you will have breastfeeding issues, and not experiencing them doesn’t mean you won’t. Experiencing multiple conditions as such would be a sign you would likely benefit from a personalized prenatal breastfeeding consultation.



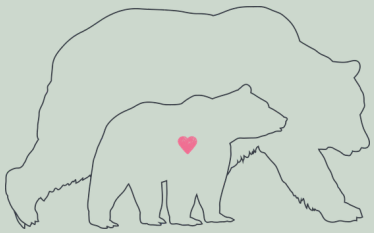
HAVE YOU EXPEREINCED THE FOLLOWING CHANGES DURING PREGNANCY?

Y	N	
☐	☐	Darker Nipples & Areolas
☐	☐	Fuller/larger breasts
☐	☐	Linea Nigera
☐	☐	Crusty Nipples
☐	☐	Drops of colostrum

If you checked “yes” for some or all of these experiences, this is a good sign your body is preparing for breastfeeding the way we expect! If you do not have these changes, a prenatal lactation consultation would be wise to ensure we can support your body into and through breastfeeding.



IF YOU HAVE BREASTFED PREVIOUSLY AND DID NOT ACHIEVE YOUR BREASTFEEDING GOALS, WRITE OUT YOUR STORY HERE. WHAT WENT “WRONG”? DO YOU KNOW? DID YOUR HEALTHCARE PROVIDERS HELP YOU? DID THEY NOT KNOW HOW TO HELP YOU? LET’S DIVE INTO YOUR STORY TO SEE WHAT WE CAN CHANGE NEXT TIME.



WORKPLACE SUPPORT

Does your employer have an established policy for supporting lactating employees?

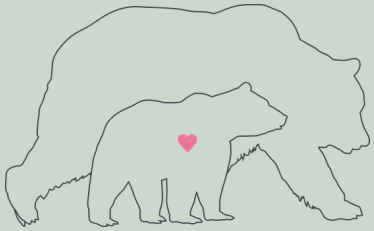
Does your workplace accommodate breastfeeding mothers in a supportive way?

Will you need to have uncomfortable conversations with your coworkers and supervisors to ensure support in the workplace?

Are you familiar with your state's laws protecting lactating mothers in the workspace?

When do you return for work?

What are your plans/expectation for managing logistics when returning to work? Childcare , pumping routines, milk storage, etc.



FAMILY SUPPORT

Do you have routines in place that can be easily picked up on (ie laundry schedule, meal plan schedules, etc)

What nutritious meals can you prepare ahead of time? Think smoothie bags, soups, quiches, etc.

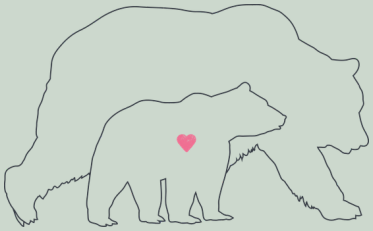
What will you need help with the most? Entertaining a toddler? Animal care? Meal prep? Dishes? Lawn care?

Is there anything you can outsource to a professional?

Which friends/family members can you lean on to pitch in?

Create a to-do list of things you anticipate needing help with most and let your friends and family pick a day to come provide a meal, chore, etc. and ***maybe*** hold the baby while you shower (only after doing a chore!!).

Do not be afraid to ask for support! If you're having a baby shower, a postpartum support sign up sheet would be a great thing to include!



BREASTFEEDING SUPPORT PLAN

Breastfeeding Buddy Name: _____*(person you can trust to give supportive middle of the night advice)*

Breastfeeding Class: _____ Dates: _____

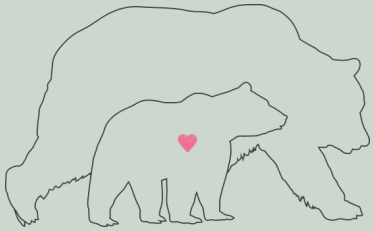
IBCLC Name: _____

Prenatal Lactation Consult Date: _____

Have you checked your health insurance lactation benefits?

Most healthcare plans are required to cover lactation consults with no out of pocket cost, however individual plans vary and part of your visit fee may be applied to your deductible or to cost-sharing. If your lactation consultant is not in-network with your insurance provider you have options!!!! You may be able to get a pre-approval letter from your insurance to cover out of network providers. Additionally you may pay out of pocket and submit a request for reimbursement to your insurance company. LactationCare is also eligible for FSA/HSA funds.

Little Bear Lactation is an out-of-network provider and offers superbills for insurance reimbursement. LBL does also accept FSA/HSA for some services.



BREASTFEEDING PLAN QUESTIONS

Do you know what you want immediately after birth?
__Immediate skin to skin __pumping other _____

Plan if baby doesn't latch?
__hand express __expressed colostrum __nipple shield
__bottle feed __spoon feed __syringe feed

Do you know what to do if supplementing is recommended?

Do you know how to know baby is transferring milk?

What is your plan if separated?

What is plan if pumping is needed?

What if it seems like your milk is coming in "late"?

BREASTFEEDING PLAN

Name

Due Date

Breastfeeding Goals

When are you okay with supplementing

What would you prefer supplementing look like? Using the S.M.A.R.T. Supplementing Framework Can Help!

Hospital Practices: Separation, Skin to Skin, Breast Crawl, What positions do you want to try? How hands on do you want staff to be?

Pumping Preferences
Flange Size (estimate)

Other important considerations - health conditions, risk factors, etc.

Ready to go deeper?

Just like a good birth plan, the power of a breastfeeding plan isn't in the written words on the page, it's in the education behind the plan.

If you're ready to learn how to protect your milk supply, prevent unnecessary formula, supplement with wisdom, and fix latching issues fast, join the ***Confident Mama Breastfeeding Academy*** now!