



Breastfeeding
Committee
for Saskatchewan

www.thebcs.ca

Important:

If I have any questions or concerns about breast feeding, I will call the following people:

Local Public Health Nurse

Local International Board Certified
Lactation Consultant (IBCLC)

Local breastfeeding support

My friend who successfully breastfed

HealthLine 811

Websites I can access for more
information include:

Breastfeeding & Infant Nutrition

http://www.phac-aspc.gc.ca/hp-ps/dca-dea/stages-etapes/childhood-enfance_0-2/nutrition/index-eng.php

A New Prenatal Life

<http://anewprenatallife.ca/content/about-us>

Healthy Families BC: Starting to Breastfeed

<https://www.healthyfamiliesbc.ca/home/articles/topic/starting-breastfeed>

International Breastfeeding Centre / The
Newman Breastfeeding Clinic www.nbci.ca

Breastfeeding Committee for Saskatchewan

www.thebcs.ca

La Leche League Canada www.LLCC.ca



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My Breastfeeding Plan

A Prenatal Planning and Communication Tool

My name is _____ and

I plan to exclusively breastfeed my baby.

- The benefits of breastfeeding are very important to me and my baby.
- I will bring my Breastfeeding Plan to all Medical Check-ups and Hospital/Birth Center.
- I will inform all healthcare providers of my plan

I request that these guidelines be supported as long as it is medically safe for me and my baby.

- If I am unable to answer questions about my choice to exclusively breastfeed, please speak with:
- My partner (Name) _____ or
- My doctor (Name) _____

Immediately after my baby is born...

- I want my baby placed skin-to-skin with me for at least 1 hour.
- I want to watch my baby for signs that my baby is ready to feed.
- I want my baby to breastfeed and be left skin-to-skin with me until the completion of the first feeding.
- If I am unavailable or not able to be skin-to-skin with my baby for a medical reason, I wish my baby to be placed skin-to-skin with _____.
- If my baby requires special care, I wish to hold my baby skin-to-skin as soon as my baby is well enough.

During my stay at the hospital/birthing centre...

- I want to exclusively breastfeed my baby.
- I want to room-in with my baby 24 hours per day.
- I want to watch my baby for feeding cues and feed my baby at the first signs of hunger.
- I want to be offered assistance with breastfeeding within 6 hours of delivery and as needed.
- I want my support person, _____, to be welcome to stay with me as I wish, day and night.
- If my baby needs to be separated from me, I wish to be shown how to express or pump my breast milk.
- If there is a medical reason for supplementing my baby, I want to speak to someone about expressing or pumping my milk and feeding my milk to my baby.
- If my baby needs to be supplemented, I wish to make an informed decision about how to supplement.

When I get home...

- I will continue to exclusively breastfeed my baby.
- I will watch my baby for feeding cues and feed my baby in response to these cues.
- I will be sure that my new baby feeds at least 8 times in 24 hours.
- I will watch that my baby is passing urine and stool often enough.
- I will have my baby checked by a health care provider within the first week.
- I will have my baby weighed on a baby scale within the first week.
- I will ask my health care provider to use the growth charts provided by the WHO. (www.cps.ca/english/publications/cps10-01.htm)
- I will give my baby a vitamin D supplement every day.

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As my baby grows...

- There will be times when my baby wants to feed more often and longer.
- I will breastfeed my baby in response to my baby's hunger cues.
- I will drink when I feel thirsty, eat healthy meals and snacks when I feel hungry, and rest when I feel tired.

When I need a break for awhile, 2 things that I can do are:

When I am tired and need help from family or friends, I will call:

When I feel like I want to spend time with other mothers, I will go to:

- mother support group such as La Leche League: <http://www.thebcs.ca/links.html> _____
- breastfeeding clinic: _____

I know...

- That I am making enough milk for my baby, even though I can't see how much my baby is getting.
- That it is normal to sometimes feel like I've just fed my baby and my baby wants to feed again.
- That my baby is changing all the time and is unlikely to follow an eating or sleeping schedule - that will come later.
- That breastfeeding is more than food and it is okay to comfort my baby by breastfeeding.
- That if people say things to me that are discouraging, I will trust in my body and my baby and that I am doing the right thing.

At around 6 months...

- My baby needs only my breast milk for the first 6 months.
- In addition to breastfeeding, I can start offering solid foods once my baby is ready. **Signs of readiness include:**
 - ✓ Better head control.
 - ✓ Ability to sit up and lean forward.
 - ✓ Ability to let the caregiver know when they are full (i.e. turns head away).
 - ✓ Ability to pick up food and try to put it in their mouth.
- I can check out these websites to learn more about giving my baby solid foods such as Healthy Families BC: Starting Solids <https://www.healthyfamiliesbc.ca/home/articles/starting-solids>
- I can also call my local health unit at: _____

At Around 12 Months...

- I can continue to breastfeed my baby for two years or longer and wean when either of us is ready.
- I can continue to breastfeed if I return to work or school.
- I know that there will be a time of transition for me and my baby.

To help with the adjustment of going back to work or school, I can try the following tips:

- Adjust the times that my baby breastfeeds to before and after I attend work/school.
- Express and store breastmilk for the times that I am away.
- Talk to my boss/school about my return and ways to support breastfeeding.
- Make arrangements so that I can breastfeed or express/pump my milk while at work/school.
- I can also call the breastfeeding specialist in my area for help and advice:
- I can check out the information on the following website: OPHA - Creating a Breastfeeding Friendly Workspace <http://opha.on.ca/OPHA/media/Resources/Resource%20Documents/BreastfeedingFriendlyWorkplace-Sep08.pdf?ext=.pdf>

Deciding to wean...

- My child will begin to wean from breastfeeding when he/she is ready. My body will reduce the amount of milk it produces gradually. Weaning will happen naturally.

References:

Public Health Agency of Canada. 2014. Protecting, promoting and supporting breastfeeding. A practical workbook for community-based programs
Texas Department of State Health Services WIC Program. 2016. "Every Ounce Counts". www.breastmilkcounts.com/my-breastfeeding-plan.html