

## My Infant Feeding Plan

(Click all that apply and add your own)

### Some questions to consider:

I want to feed my baby:

- Breast milk Only
- Breast milk and formula
- Formula Only
- unsure

### Before birth I plan to:

- Attend prenatal classes in person or online during my pregnancy
- Research the benefits/risks of each feeding choice
- Seek out support people, local breastfeeding clinics, and peer support groups

### At birth:

- I would like to hold my baby skin-to-skin at birth, regardless of my feeding choice as I recognize it helps to regulate my baby's heart rate, breathing, and temperature after birth.
  - Please keep my baby skin-to-skin for as long as possible, until the end of the first breastfed.
  - When my baby needs bloodwork drawn from his/her heel, let me keep him/her skin to skin and/or breastfeed during the procedure to decrease pain. If we cannot do either of these, I would like my baby to have sucrose to relieve pain
  - If I have a caesarean birth, I would like to hold my baby skin-to-skin as soon as possible after birth when it is safe for both me and baby. If I am unable to have my baby skin-to-skin, please allow my partner or support person to do this for me.
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### To help us learn to feed our baby:

- I plan to continue to hold my baby skin-to-skin as much as possible as I recognize the benefits beyond birth
- I understand the benefits of colostrum (the early milk) including- the fact that it is very easy to digest, helps line the stomach and intestines and helps facilitate the passage of the first stool, and boosts baby's immune system. I will need teaching and support to feed frequently so baby gets as much colostrum as possible and the more mature milk comes in faster.

- Help us to recognize the signs of readiness to feed including baby stirring, opening mouth, licking, turning head, and rooting.
  - Please help me to understand the size of my baby's tummy and how much my baby should be feeding. (Tummy size: Day 1 and Day 2 size of a cherry, Day 3 Walnut)
  - I would like my baby in my room at all times unless he/she needs a higher level of care. This helps me to get to know my baby and learn when my baby is ready to feed.
  - Please show me how to express my colostrum by hand as this encourages baby to be more interested in feeding, and a greater milk supply later.
  - If I have made an informed decision to use formula, teach me how to prepare it safely
  - My partner or support person would like to be involved as much as possible.
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**If my breastfed baby and I are separated:**

- Teach me how to hand express or pump as soon as possible, preferably in the first hour.
  - Help us learn to breastfeed as soon as we are both medically able
  - If needed, provide information about where I can rent a breast pump to use at home
  - If my baby needs formula or intravenous (IV) fluids for medical reasons, please explain the reasons, the risks of adding formula, or any risks involved with the IV. I need as much information as possible to make an informed decision.
  - Let me know about ways I can feed my baby other than the bottle. I would like to know all the options such as using a spoon, cup, or syringe if my baby needs colostrum in the hospital.
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**I plan to get more information about breastfeeding from:**

**Public Health Prenatal Education Programs:**

- **Wellington-Dufferin-Guelph Public Health** – Online Prenatal classes are offered by the local Public Health Unit. Classes are web-based and mobile-friendly. Register online or by calling 1-800-265-7293 ext. 4263 or send an email to: [online.prenatal@wdgpublichealth.ca](mailto:online.prenatal@wdgpublichealth.ca).
- **Out of Area Services** – To find your nearest health unit: 1-800-267-8097  
<http://www.health.gov.on.ca/en/common/system/services/phu/locations.aspx>

**Other Breastfeeding Education Sources:**

- **Breastfeeding Clinics** - <https://wdgpublichealth.ca/clinics-classes/breastfeeding-clinics/dufferin-county-and-east-wellington-breastfeeding-supports>
- **Bilingual Online Ontario Breastfeeding Services**- Search for breastfeeding services across Ontario: <http://ontariobreastfeeds.ca>
- [http://breastfeedinginfoforparents.ca/story\\_html5.html](http://breastfeedinginfoforparents.ca/story_html5.html)

