

Suggestions for Topics to Cover with Mothers

Prenatal Contacts

- Has she thought about breastfeeding?
- Any previous breastfeeding experience
- Plans for feeding baby
- Reasons for exclusive breastfeeding
- Has she noticed any changes in her breasts?
- What concerns does she have with her breast or nipples?
- What has she done to prepare for breastfeeding?
- Advantages of breastfeeding/Disadvantages of formula
- When to begin breastfeeding
- Importance of colostrum – all that the baby needs for the first few days
- Feeding cues
- Feeding patterns – feed baby 8 to 12 times in a 24 hour day, usually every 1 to 2 hours
- What to expect in the first week – changes in breast, changes in milk
- Positioning and latch
- How to know baby is getting enough breastmilk
- What could prevent her from breastfeeding? Barriers?
- Does she have any health concerns or problems in her pregnancy that cause her to be concerned about breastfeeding?
- Plans for returning to work or school
- Any other concerns she has about breastfeeding
- Who to contact if she has any questions or concerns
- Offer support and encouragement

First Week after Delivery

- Congratulations. Great you are breastfeeding!
- How is breastfeeding going?
- How is she doing and feeling?
- Is she breastfeeding exclusively? (No formula, water, etc.)
- Importance of colostrum – all that the baby needs for the first few days
- Feeding patterns - How often is baby feeding? How long is baby breastfeeding? Does baby wake for feedings? Remind to feed baby 8 to 12 times in a 24-hour day, usually every 1 to 2 hours.
- Ask about positioning and latch – Is she comfortable? Does she have any pain or discomfort? Review positioning and signs of a good latch
- Breastfeed on cue – review feeding cues

- After the first few days, does she hear baby swallow when breastfeeding?
- Baby's weight – Weight at birth; last known weight and date of last weight
- Diaper count – Have her describe the number and appearance of wet and dirty diapers
- What to expect in the first week – breasts will feel fuller between the 2nd and 5th day
- Breastmilk will increase steadily and change in appearance
- Importance of exclusive breastfeeding; avoid bottles and pacifiers the first 3 to 4 weeks
- Did she get formula from the hospital? What are her plans for it?
- What concerns does she have about breastfeeding? Any barriers?
- How do family and friends feel about her breastfeeding?
- Who to contact if she has any questions or concerns
- Offer encouragement and support

Next Follow-Up (around 14 days after birth)

- How is breastfeeding going?
- How is she doing and feeling?
- Is she breastfeeding exclusively? (No formula, water, etc.)
- How are breasts? Softer, feel less full
- Feeding patterns - How often is baby feeding? How long is baby breastfeeding?
Remind to feed baby 8 to 12 times in a 24-hour day, usually every 1 to 2 hours.
- Does she have any pain or discomfort? Nipples and breasts OK? May need to review positioning and latch
- Breastfeed on cue
- Baby's weight – Last known weight and date of last weight
- Remind about growth spurts – 2 to 3 weeks, 6 weeks
- Diaper count – Have her describe the number and appearance of wet and dirty diapers
- Breastmilk will increase steadily and change in appearance
- Importance of exclusive breastfeeding; avoid bottles and pacifiers bottles and pacifiers the first 3 to 4 weeks
- Did she get formula from the hospital? What are her plans for it?
- What concerns does she have about breastfeeding? Any barriers?
- How do family and friends feel about her breastfeeding?
- Plans for returning to work or school? Pumping or combo feeding?
- Is she expressing milk? Any concerns?
- Who to contact if she has any questions or concerns
- Congratulations! Easier from now on out.