Provide Prenatal Breastfeeding Education Checklist

Patient Name:
Due Date:

First Trimester
_____ Important Reasons to Breastfeed
  o Building infant immunity and risk reduction to infants with exclusive breastfeeding creates the best environment in your baby’s gut for digestion and long-term immune response
  o Enhances baby’s brain development
  o Keeps mom healthier
  o Saves money and time
  o Helps you and your baby relax and sleep better
  o Encourages long term bonding
_____ Importance of breastfeeding exclusivity for 6 months
_____ Importance of continued breastfeeding for 12 months and beyond
_____ Breastfeeding/Breast Health History, Familial Breastfeeding History
  o Past breastfeeding experiences – positive or negative
  o Did mother breastfeed? Other close family members? Why? Why not? (Issues with galactosemia or PKU)
  o Past breast surgeries/biopsies/nipple piercings
  o Past issues with breast cancer
  o Hormonal challenges – thyroid issues, PCOS, infertility issues
  o HIV/HTLV status

Second Trimester
_____ Preparing for breastfeeding (prenatal breastfeeding class)
_____ Importance of Skin to Skin for the first 4 hours of life (and beyond)
  o Helps keep the baby warm
  o Promotes bonding
  o Infants use senses and latches better
  o Breastfeed longer
  o Infants cry less
_____ Rooming in to minimize separation of mom and baby
  o Close contact provides opportunity to breastfeed.
  o By responding to infant hunger cues early and on demand it helps mom to build her milk supply.
  o Studies show that mothers get more sleep in hospital when mothers room in with their babies.
  o Mothers who room in at the hospital have more confidence in caring for their newborn upon their return to home.
  o AAP recommends rooming in with baby for the first six months to decrease SIDS.
Third Trimester

___Breastfeed your baby on cue
  o Infant hunger cues
  o Breastfeeding in the first hour of life and on demand
  o Feed your baby 8-12 time a day
  o Cluster feeding is normal

___Feeding Positions (mom needs to be comfortable)
  o Biological (laid back), Cross-cradle, Football, Cradle, Side-lying
  o Skin to skin

___Latch technique
  o Mouth open wide
  o Chin in, head tilted back
  o Feel comfortable, breastfeeding should not be painful

___Encourage taking a breastfeeding class

___Continuation of breastfeeding after introduction of first foods
  o Exclusive breastfeeding first 6 months
  o No other foods until HCP approves, and not before 6 months of age

___Maintaining a milk supply
  o How to know your infant is getting enough

___Available breastfeeding support groups

___Back to work plans

For more in depth information, please refer to the “Prenatal Breastfeeding Education Curriculum” provided by the Baby Friendly Advisory Board

This document has been provided by:
The Baby Friendly Advisory Board
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If you have questions or comments, please contact:
Pat Maass, Manager, Lactation and Education
Pat.Maass@SCLHS.net, 303-812-4641