

Provide Prenatal Breastfeeding Education Checklist

Patient Name:

Due Date:

First Trimester

___ Important Reasons to Breastfeed

- 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
- Enhances baby's brain development
- Keeps mom healthier
- Saves money and time
- Helps you and your baby relax and sleep better
- 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

- Past breastfeeding experiences – positive or negative
- Did mother breastfeed? Other close family members? Why? Why not? (Issues with galactosemia or PKU)
- Past breast surgeries/biopsies/nipple piercings
- Past issues with breast cancer
- Hormonal challenges – thyroid issues, PCOS, infertility issues
- 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)

- Helps keep the baby warm
- Promotes bonding
- Infants use senses and latches better
- Breastfeed longer
- Infants cry less

___ Rooming in to minimize separation of mom and baby

- Close contact provides opportunity to breastfeed.
- By responding to infant hunger cues early and on demand it helps mom to build her milk supply.
- Studies show that mothers get more sleep in hospital when mothers room in with their babies.
- Mothers who room in at the hospital have more confidence in caring for their newborn upon their return to home.
- AAP recommends rooming in with baby for the first six months to decrease SIDS.

Third Trimester

___ Breastfeed your baby on cue

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

___ Feeding Positions (mom needs to be comfortable)

- Biological (laid back), Cross-cradle, Football, Cradle, Side-lying
- Skin to skin

___ Latch technique

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

___ Encourage taking a breastfeeding class

___ Continuation of breastfeeding after introduction of first foods

- Exclusive breastfeeding first 6 months
- No other foods until HCP approves, and not before 6 months of age

___ Maintaining a milk supply

- 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
Saint Joseph Hospital, Denver, Colorado

If you have questions or comments, please contact:
Pat Maass, Manager, Lactation and Education
Pat.Maass@SCLHS.net, 303-812-4641