

COMMUNITY BREASTFEEDING PLAN



Laid-back Breastfeeding



© 2010 La Leche League International, *The Womanly Art of Breastfeeding*, Chapter 20.

DATE: _____
 TIME: _____

MOM'S COMFORT:

- Well supported for nursing
- Breast and nipple pain free
- Rest and sleep

SKIN TO SKIN:

Skin to skin will help your baby grow, stay calm, warm and feel safe.

- Spend at least 6 hours every day with your baby on your chest skin to skin (Family can do it too!)

FEED THE BABY:

Babies cannot feed when they are crying. Calm the baby with skin to skin and/or expressed milk. Watch for feeding cues such as hand to mouth, turning head side to side and active sleep. Babies can latch while dozing.

- Breastfeed at least 8 times in 24 hours
 - Breast compressions give baby more rich milk with each feed
 - *Ensure baby is getting enough by checking for swallows, voids, bowel movements
- Baby **Needs Extra:** YES NO
 - How: _____
 - How Much: _____
 - How Often: _____

MOVE THE MILK:

At least 8 times in 24 hours (at least once at night)

- Breast feeding
- Hand Expression
- Pump: _____

FOLLOW-UP PLAN:
