

Educating Breastfeeding Families – Discharge Packet Content Planning Tool

Importance of Breastfeeding	Information on the benefits of breastfeeding Importance of exclusive breastfeeding (for health of the mother and baby)* Importance of exclusive breastfeeding (for adequate milk supply)*
Tips for Breastfeeding Success	Information on the mechanics of breastfeeding How to tell if there is an adequate milk supply* Colostrum Hand expression* Cup feeding, when/if to supplement* Feeding cues/frequency Skin to skin at home Waking a sleepy baby Positioning and latch* Use of bottles/pacifiers Size of a newborn's stomach
How to Handle Common Breastfeeding Challenges	When to ask for help (i.e. what are the symptoms)* Breast and nipple care and support* Engorgement* Blocked Ducts* Mastitis Jaundice and breastfeeding
Common Questions about Breastfeeding and Continuing to Breastfeed Over Time	Nutrition during breastfeeding Relationships between breastfeeding and medication/substances Ways that family can provide support (fathers, grandparents) Body image of the mother Sexuality and breastfeeding Returning to work Pumping* Storage of breast milk
Contact Information and Community Resources	Slot for follow up appointments Contact information for the hospital, pediatricians, obstetricians Web address for the hospital Contact information for the hospital's lactation support Zipmilk mention (http://www.zipmilk.org) Information about support groups/community resources WIC information about services and benefits WIC referral information for local services Tracking chart with feeding charts/diapers Available in multiple languages Information about how/where to obtain breast pumps

*Required For Discharge Packet According to Baby-Friendly Hospital Initiative Criteria

