**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, pediatrics, 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*

Developed by the Massachusetts Department of Public Health and Northeastern University