

Infant Feeding Plan

My name is _____ and my goal is to exclusively breastfeed my baby. This 'infant feeding plan' is a plan of action that expresses my desired hospital experience and feeding goals. The benefits of breastfeeding are very important to me and my baby. I request that these guidelines be supported as long as it is medically safe for me and for my baby.

Exclusive Breastfeeding

My goal is to exclusively breastfeed my baby. Do not give my baby formula before speaking with me or my birthing partner. I need all of my baby's suckling to be at my breast to build a good milk supply.

No Bottles or Pacifiers

Please do not give my baby artificial nipples including pacifiers or any bottles with formula, water, or glucose water. If there is a medical reason for this, I would first like to speak with a lactation consultant or pediatrician about trying alternative feeding methods with expressed milk.

Skin-to-Skin

Place my baby on my chest, skin-to-skin for at least one hour after his/her birth. If possible, do routine newborn check-ups with my baby on my chest, skin-to-skin. Throughout our stay, I want to be able to hold my baby skin-to-skin as much as possible. Blankets may be placed over us, but not between us.

Feed on Cue

Please help me begin breastfeeding when my baby seems ready (for example rooting, licking lips, and so forth). Please do not force my baby to take the breast if he/she is not showing signs of readiness. Instead, keep my baby skin-to-skin with me until he/she is ready to try to latch-on.

Rooming-In

I would like to keep my baby in my room with me 24 hours a day to learn my baby's feeding cues and have the most skin-to-skin time. If we are not in the same room, please bring my baby to me at the earliest hunger cues, such as sucking on hands, making sucking noises, rapid eye movement, or rooting. Please give my baby check-ups in my presence and do not take him/her away from me unless he/she requires medical treatment that cannot be done in my room.

Breastfeeding Assistance

Please teach me how to know the correct baby positioning and a good latch, how to recognize my baby's early hunger cues, how to hand-express milk, and how to tell if my baby is breastfeeding well.



Leesburg Regional
Medical Center

Life Center for Women