

mom's breastfeeding plan



exclusive breastfeeding

What is mom's breastfeeding goal? Does she want to exclusively breastfeed? Will dad or family support her to do this?



no bottles or pacifiers

What does mom and dad agree on with bottles or dummies as baby is born? Many parents do not want "artificial nipples" including dummies or any types of bottles filled with formula, water, or glucose water etc.



skin-to-skin

When baby is born, does mom want to do skin-to-skin with baby? Will dad do skin-to-skin, especially if mom cannot do it?



first hour

An important role of dad is to help mom start breastfeeding within 30-minutes to 1-hour of delivery. This means placing baby skin-to-skin as soon as possible after birth. It is also important to keep encouraging breastfeeding even when it gets hard.



routine exams

Mom and dad can insist that baby always stays with mom, and all health checks are done with mom or dad in the room.



emergency caesarean

If mom must have a caesarean and is unable to hold baby for some time after the delivery, then dad can ask to hold baby and do skin-to-skin.

breastfeeding assistance

If mom struggles to breastfeed, she can ask for help or dad can be shown how to feed baby breastmilk; how to help mom breastfeed; how to get a good latch, how to correct baby's positioning and how to help with expressing so dad (or family) can feed baby with a bottle – if needed.

Adapted from: <http://www.breastmilkcounts.com/getting-prepared/my-breastfeeding-plan/>

www.sikunye.org.za | info@sikunye.org.za | +27 (0)21 201 1493.

This resource is made available under the Creative Commons Attribution-Non-commercial-No-Derivatives License