



Your breast
milk is a gift of
health to your
baby that lasts
a lifetime.

Breastfeeding Success – Infant Feeding Plan

Infant Feeding Plan

Having an infant feeding plan can help you get breastfeeding off to a good start. Put an “X” in the box next to anything you plan to do in the hospital.

If you want, you can share your completed plan with your partner and family before you go to the hospital; and with your doctor and nurses when you arrive.

- EXCLUSIVE BREASTFEEDING - My goal is to only give my baby my breast milk. Please do not give my baby any formula unless I say it is okay or my birthing partner says it is okay. If I only breastfeed my baby, my body will make enough milk for my baby.
- NO BOTTLES OR PACIFIERS - Please do not give my baby fake nipples, like pacifiers or bottles with formula, water or sugar water. If I can't feed my baby at my breasts, I want to ask my baby's doctor or a breastfeeding specialist about the best way to give my baby expressed breast milk.
- SKIN-TO-SKIN - Put my baby on my chest, skin-to-skin, for at least 1 hour after my baby is born. While I am in the hospital, I want to have skin-to-skin contact with my baby as much as possible. You can put a blanket over us to help keep us warm.
- FEED ON CUE – Please teach me my baby's feeding cues and help me start breastfeeding when my baby is hungry. Keep my baby skin-to-skin with me until they are ready to try to latch.
- ROUTINE EXAMS - If the doctor says it is okay, please do regular newborn exams while my baby is on my chest, skin-to-skin. Please keep my baby in my room for routine exams like weight checks and sponge baths. If something cannot be done in my hospital room, it is okay for my baby to leave the room. Please bring my baby back right away.
- EMERGENCY CESAREAN – If the doctor says it is okay, I want to hold my baby skin-to-skin right after my C-section. If I cannot hold my baby after my C-section, my birthing partner can hold my baby skin-to-skin until I am able to.



Breastfeeding Success – Infant Feeding Plan

- ROOMING-IN - I would like to keep my baby in my room all day and all night. I will learn how to tell when my baby is hungry. If my baby can't stay in my room, please bring my baby to me when they are hungry, before they start to cry.
- BREASTFEEDING HELP - Please teach me how to hold my baby while I am breastfeeding and how to be sure my baby is sucking the right way. I also want to learn what my baby will do when they are hungry, how I can express my breast milk, and how I know my baby is getting enough breast milk.
- EXPRESSING BREAST MILK - If I can't breastfeed or if my baby and I can't be in the same room, I want to start expressing breast milk within 6 hours of birth. Please teach me how to hand express. If I need a breast pump, please teach my how to use it. If I need to use a breast pump after I leave the hospital, please help me ask my insurance company for a breast pump to take home.
- FORMULA GIFT BAGS - Please do not give me a free gift bag that has formula in it. Do not show me any ads from formula companies or give me coupons for formula when I leave the hospital.
- BREASTFEEDING SUPPORT AFTER MY BABY IS BORN – Please tell me who to call if I need breastfeeding help after I leave the hospital.

I would like information about:

- Visits to check my baby's weight or feeding.
- Support group meetings.
- Breastfeeding support phone numbers.
- Referrals to programs like WIC and Family Visiting.

Do not be afraid to ask for breastfeeding help if you need it.

Your breast milk is a gift of health to your baby that lasts a lifetime. Before you reach for formula, reach for the phone and call a breastfeeding specialist for help.

Find a breastfeeding specialist or support group near you by visiting health.ri.gov/breastfeeding

Do not be afraid to ask for
breastfeeding help if you need it.

The original version of this content was developed by the Department of State Health Services, an agency of the State of Texas (DSHS). DSHS provided this content 'as is' without warranty of any kind. This content has been altered from its original version and represents a derivative work.



3 Capitol Hill • Providence, RI 02908 • 401-222-5960
health.ri.gov/breastfeeding