

RHODE ISLAND WIC BREASTFEEDING PEER COUNSELOR PROGRAM

Prenatal Assessment

Mother's Name _____ Phone _____

WIC ID # _____ Due Date _____ Language _____

Baby # _____ Breastfed Before? Y N Other _____

6 – 9 months (before due date) Date: _____

- Cues: • How are you feeling? • Tell me about your pregnancy. • What do you know about breastfeeding?
• What does your family say about breastfeeding? • What changes are you noticing in your breasts?

3 - 6 months (before due date) Date: _____

- Cues: • How is your pregnancy progressing? • What are people saying to you about breastfeeding?
• What are your thoughts and feelings about feeding your baby? • What are your plans for returning to work
or school after the baby is born? • What kinds of things are you doing to prepare for your baby and breastfeeding?

1 – 3 months (before due date) Date: _____

- Cues: • How are you preparing for the hospital / labor? • What do you know about rooming in with your baby?
• What have you told your doctor about your decision to breastfeed?
• What has your doctor / hospital told you about how they will accommodate your breastfeeding needs?
• What do you know about positioning and latching your baby for breastfeeding?
• What do you know about the first few weeks of breastfeeding? • What is your family saying about breastfeeding?

2 – 4 weeks (before due date) Date: _____

- Cues: • How are you feeling? • How are your breasts feeling? • What are your worries about breastfeeding?
• Remind mom to call WIC with delivery information • Remind mom who and when to call for help and support

Date

Notes

Postpartum Assessment

Mother's Name _____ Phone _____

Infant's Name _____ Delivery Date _____ Gender M F

Feeding BF FF Both Pumping Pediatrician _____

1st Week Postpartum Date: _____

- Cues:
- How are you feeling?
 - How is the baby doing?
 - How is breastfeeding going?
 - How are your breasts / nipples feeling?
 - How are you feeling about breastfeeding?
 - How does your baby show you that he's ready to eat?
 - What kind of help are you getting right now?
 - Encourage mom to call for help and support

2 – 3 Weeks Postpartum Date: _____

- Cues:
- How are you feeling?
 - How is the baby doing?
 - How is breastfeeding going for you?
 - What is your baby's typical feeding pattern?
 - How are your breasts feeling before and after a feeding?
 - How is your family sleeping with a new baby at home?
 - What is your family saying about breastfeeding?
 - Encourage mom to call for help and support

4 – 8 Weeks Postpartum Date: _____

- Cues:
- How are you feeling?
 - How is breastfeeding going?
 - Can you describe a typical day for me?
 - How is your baby growing / developing?
 - How do you feel about your milk supply?
 - How is your family feeling about breastfeeding?
 - What are your plans for going to work or school?
 - Encourage mom to call for help and support

3-4 Months Postpartum Date: _____

- Cues:
- How is breastfeeding going?
 - How is your baby growing / developing?
 - How is pumping going for you?
 - What do people tell you about starting solid foods?
 - How is your partner feeling about breastfeeding?

Date	Notes
_____	_____
_____	_____