

**BREASTFEEDING PLAN: First 14 Days** Date: \_\_\_\_\_ For (patient name): \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Doctor's Phone Number: \_\_\_\_\_ Lactation Specialist: \_\_\_\_\_ Lactation Specialist Phone Number: \_\_\_\_\_

Hospital Emergency Department Phone Number: \_\_\_\_\_ **BABY** Birth Date: \_\_\_\_\_ Birthweight: \_\_\_\_\_ Day of Discharge weight: \_\_\_\_\_

**GOALS FOR BREASTFEEDING:** How long would you like to exclusively breastfeed: \_\_\_\_\_

How long would you like to continue to do any breastfeeding: \_\_\_\_\_

GREEN ZONE

**Signs that breastfeeding is going well:**

- Baby feeds at least 8 to 12 times in a 24-hour period
- Your breasts feel full and firm before feeding and softer after feeding.
- By the end of the first week, your baby wets at least 5 diapers every day and stools have transitioned to yellow and seedy.
- Baby completes most feedings within 15 to 45 minutes.
- You may feel a tug at the breast but no severe pain
- When your baby is breastfeeding, his/her mouth is open wide like a yawn with lips flipped out.
- While breastfeeding, baby can be heard swallowing.
- Baby suckles actively in the beginning and slows as continues
- Baby seems full and satisfied after feeding.
- Some babies self-detach from the breast after most feeds.
- Baby sleeps at least 1 hour between most feeds.

YELLOW ZONE

**Signs that breastfeeding is not going well:**

- **Are you feeling pressure in your breasts? Are they firm, tender, or swollen?** Try gently pressing the circular area around your nipple (areola) firmly and steadily with 1 or 2 fingers for one minute. You can also try hand expressing or pumping to decrease firmness.
- **Experiencing nipple pain, nipple trauma, or pinching that does not go away during feeding?** Break the latch, adjust the latch, and try again. Review breastfeeding positions to hold the baby in an optimal way. Schedule an appointment with baby's provider or lactation consultant.
- **Baby is very sleepy at the breast?** Try burping mid-feed or breast compressions to stimulate milk flow. Try undressing your baby, changing their diaper prior to feeding, or using a cool washcloth to wake them. If you are unable to wake your baby, proceed to the Red Zone.
- **Baby falling below goal number of feedings?** Wake baby if more than 3 hours have passed since last feeding (or 4 hours at night).
- **Experiencing maternal dry mouth?** Increase water intake throughout the day and evening.

RED ZONE

**Signs you need to see your baby's doctor and what to try before your visit:**

- **Baby has not had a wet diaper in more than 8 hours?** Hand express and offer to baby via spoon or syringe. Call your doctor for an evaluation. Try putting the baby to the breast and look for signs of a good latch (mouth is wide with lips flipped out and baby is swallowing.)
- **Baby will not latch?** Try skin to skin and try a different position to re-latch. Hand express or pump every 2-3 hours. Call your doctor for a latch evaluation. Provide baby pumped milk in a syringe, spoon, or bottle while waiting for the appointment.
- **Experiencing increased firmness, tenderness or swelling of your breasts by 3 days postpartum?** Call your doctor for an evaluation. Hand express or pump every 2-3 hours to protect your milk supply. Drink plenty of fluids when thirsty.
- **Experiencing increased breast pain and nipple pain?** Call your doctor if breast has pain, redness, and warmth. Soak breasts in warm water and take medication to decrease pain. Hand express or pump every 2-3 hours to protect milk supply and prevent clogged ducts or mastitis.

Local breastfeeding resources: \_\_\_\_\_

Keep this record and a pencil near you during the first week of your baby's life to keep track of your baby's breastfeeding and wet diapers. Bring this sheet with you to your doctor's visits. Simply circle the BF whenever your baby breastfeeds and circle the W whenever your baby has a wet diaper. Bowel movements of infants can vary but by the end of the first week stools should have transitioned to yellow and seedy. If your baby has fewer breastfeedings and wet diapers than the goal for that day, call your doctor or breastfeeding helper. Do not feel shy about asking questions! You are learning a new skill.

Example:

**Breastfeedings:** Bf Bf Bf Bf Bf Bf Bf Bf  
**Today's goal:** 8-12

**Wet Diapers:** (W) (W) W W W  
**Today's goal:** 3-5

DAY 1

**Breastfeedings:** Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf  
**Today's goal:** 8-12

- Any bowel movements will be black and tarry.
- Your baby's health will be monitored at the hospital.

**Wet Diapers:** W W  
**Today's goal:** 1-2

DAY 2

**Breastfeedings:** Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf  
**Today's goal:** 8-12

- Any bowel movements will be black and tarry.
- Your baby's health will be monitored at the hospital.

**Wet Diapers:** W W  
**Today's goal:** 1-2

DAY 3

**Breastfeedings:** Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf  
**Today's goal:** 8-12

**Wet Diapers:** W W W W W  
**Today's goal:** 3-5

DAY 4

**Breastfeedings:** Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf  
**Today's goal:** 8-12

**Wet Diapers:** W W W W W  
**Today's goal:** 3-5

DAY 5

**Breastfeedings:** Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf  
**Today's goal:** 8-12

**Wet Diapers:** W W W W W W  
**Today's goal:** 4-6

DAY 6

**Breastfeedings:** Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf  
**Today's goal:** 8-12

**Wet Diapers:** W W W W W W  
**Today's goal:** 4-6

DAY 7

**Breastfeedings:** Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf Bf  
**Today's goal:** 8-12

**Wet Diapers:** W W W W W W  
**Today's goal:** 4-6

Scan the below QR codes for helpful breastfeeding videos!



Breastfeeding in the 1<sup>st</sup> hour



Attaching baby to the breast



Relieving breast pressure



Hand expression