Breastfeeding Resources

HealthVermont.gov/YouCanDoIt – The WIC Mother Baby Breastfeeding page with resources, video tips and more to help you keep breastfeeding, from the VT Dept. of Health

HealthVermont.gov/WIC/Food-Feeding Breastfeeding – Information about current laws regarding breastfeeding mothers in public and the workplace

BabyGooRoo.com – Breastfeeding and child nutrition for parents and professionals

BreastfeedingPartners.org – Breastfeeding information from New York WIC

CDC.gov/Breastfeeding – Breastfeeding information for parents and professionals

GotMom.org – Breastfeeding information and resources for mothers and families from the American College of Nurse-Midwives

ILCA.org – International Lactation Consultant Association. Find a lactation consultant in your area and get other helpful resources.

KellyMom.com – Breastfeeding information and internet links for mothers

WomensHealth.gov – Breastfeeding questions and answers from the National Women’s Health Information Center, Health and Human Services

WorkAndPump.com – Information about breastfeeding for working moms

YouTube.com/user/cobfcvideos – Three videos about moms, employers and breastfeeding friendly workplaces, developed by the Colorado Breastfeeding Coalition

My Breastfeeding Checklist
The First Few Months & Beyond

My breastfeeding goal is to exclusively breastfeed my baby for _____ months.
Learn what to expect with breastfeeding and know where to find support.  
**Knowledge + Support + Confidence = Success**

### Signs that breastfeeding is going well and I’m making enough milk:
- My baby is breastfeeding at least 8-12 times every 24 hours.
- My baby is having 3-4 poops and 6-8 wet diapers each day.
- I can hear my baby gulping or swallowing at feedings.
- Once my baby latches on, my nipples do not hurt when my baby nurses.
- My baby is receiving only breastmilk (no water, sugar water or formula).

### I will check-in with my pediatrician or my lactation consultant if:
- My baby acts fussy when we nurse and does not seem satisfied after most feedings.
- My baby is not breastfeeding at least 8 times every 24 hours.
- My nipples hurt during feeding, even after my baby is first latched on.
- I can’t hear my baby gulping or swallowing, or I can’t tell.
- I think I’m not making enough milk.
- I think my baby isn’t gaining weight.

Don't wait to call your baby's doctor or the lactation consultant as soon as you think breastfeeding is not going well.

1. **GETTING TO KNOW MY BABY**
   **Communicating with each other**
   - Birth date: ______________
   - Time of birth: ______________
   - Birth weight: ______________
   - Discharge weight: ______________
   - Baby’s weight at check-up 2 days after discharge: ______________
     (It's common to lose up to 7% from birth)
   - Baby’s second week weight: ______________
     (Baby should regain birthweight by 10 - 14 days)
   - I know I want to breastfeed, and can stick with it as I learn my baby's patterns for crying, eating, peeing, pooping and sleeping.
   - I am prepared for some challenges, and understand things will get easier as my baby gets older.

2. **THE NEXT FEW MONTHS**
   **Continuing the breastfeeding relationship**
   - I can learn to express, collect and store my milk for when I am away from my baby.
   - I will talk with my employer about supporting my continued breastfeeding.
   - I will choose a child care provider who understands and supports breastfeeding.
   - I will practice ways to breastfeed discreetly so I can become comfortable feeding my baby in front of others.
   - If I think I may need a breastpump, I will call WIC or my health care provider and they will help me get a pump that meets my needs.
   - I will add complimentary solid foods beginning at 6 months.