

This plan is a place to record your thoughts, preferences and questions about breastfeeding.



Australian
Breastfeeding
Association



My breastfeeding plan

You may wish to share your plan with your support people or care team.

About us

My name:

My partner's name:

Our baby is due on:

You don't need to complete every section. Your plans may change as you learn more or if circumstances change after the birth.

Preparing for breastfeeding

Learning about breastfeeding

What information or support would help me feel more prepared?

My support team

Who can support me with breastfeeding?

How can they help?

Practical support

What practical help would make it easier to focus on feeding my baby?

Meals

Household tasks

Looking after older children

Emotional support

Other:

If I have a medical condition or my baby is expected to need extra care

Things I would like to discuss with my care team:

How my situation may affect breastfeeding

Whether antenatal expressing is an option for me

Support available after birth

Other:

Getting breastfeeding started

After birth

Things that are important to me:

Skin-to-skin contact after birth

Time to get to know my baby before routine procedures

Keeping my baby with me

Support to start breastfeeding

Other:

If I or my baby need extra medical care

Things that are important to me:

My partner or support person having skin-to-skin contact with my baby if I cannot

Support to express colostrum or milk

Being involved in feeding decisions

Help to maintain my milk supply

Other:

If my baby needs extra feeds

I would like:

- Information about why extra feeds are recommended
- Information about different feeding options
- Support to continue breastfeeding
- Time to ask questions and discuss options
- Other:

My partner or support person

How can they help?

- Support my feeding choices
- Ask questions on my behalf
- Help communicate my wishes
- Help me access breastfeeding support
- Other:

Visitors and privacy

In the early days after birth, I would prefer:

- Some quiet time before having visitors
- Visitors to check with us before coming
- Short visits only
- My partner/support person to help manage visitors
- Privacy when feeding my baby
- Other:

Things I would like my partner, support people or visitors to know

Questions I would like answered

Notes