



Australian
Breastfeeding
Association

My Breastfeeding Plan

Many parents-to-be choose to write a birth plan before the arrival of their baby. Writing a plan is a great way of educating yourself about your options during the different stages of birthing your baby and of communicating your wishes and preferences to your partner and your caregivers.

Just as important though is preparing a plan for breastfeeding. After all, there can be just as many variables at play, and while your birthing journey is likely to last only a few hours (or perhaps days), your breastfeeding relationship can continue for months or years! Your breastfeeding plan can help you to identify your needs and preferences, and can be given to your partner and your caregivers to help them fully understand what is important to you and your baby. Here is a basic plan to get you started.

ABOUT US

My name is:

My partner's name is:

Our baby is due on:

BEFORE THE BIRTH

- My partner and I will attend an [ABA Breastfeeding Education Class](#).
- I will [join](#) the Australian Breastfeeding Association, as my subscription includes a copy of the Association's book called *Breastfeeding ... naturally*, a bi-monthly magazine called *Essence* and access to local get-togethers run by trained breastfeeding counsellors and community educators.
- I will talk to my partner about how important breastfeeding is to me and our baby, and how his/her support is vital to establishing and maintaining breastfeeding.
- I will speak to my employer about a return to work policy that supports breastfeeding employees. [This site](#) has lots of helpful information.

IMMEDIATELY AFTER BIRTH (vaginal or caesarean)

- We would like our baby to take his/her first breaths unassisted (no suctioning unless medically necessary).
- Please place our baby on my chest immediately after birth, with a warm blanket covering his/her body for warmth. Many hospitals now allow this in theatre if you are having a [caesarean birth](#).
- I would like our baby to remain with me on my chest to encourage him/her to [self-attach](#) for his/her first breastfeed (with assistance from me as I feel is appropriate).
- Please perform all essential paediatric observations while our baby is on my chest.
- We would like our baby to be weighed after his/her first breastfeed, lying on his/her tummy on a warm cloth.

IF MY BABY OR I REQUIRE SPECIAL CARE AFTER BIRTH

- If I am unable to hold our baby skin-to-skin after birth, I would like my partner to hold our baby.
- If our baby cannot breastfeed within 6 hours of birth, please assist me to [express](#) my colostrum every 2 hours to stimulate my milk supply and for feeding to our baby when s/he is ready.

THE EARLY DAYS

- I will breastfeed my baby according to his/her needs and will follow my baby's feeding cues in terms of length and frequency of feeds.
- I will keep my baby skin-to-skin as much as possible for at least the first few weeks after birth.
- I would like to room in with my baby at all times so that I can learn our baby's feeding cues.
- I do not wish to bathe our baby for at least the first 48 hours after birth.
- I do not wish to wash my chest area for 24 hours after the birth.
- I wish my breasts to be treated gently and only touched with my permission.
- My partner and I will not wear perfume/aftershave or use strong-smelling deodorant or soap for the first few days after birth.
- We would prefer that relatives and friends do not cuddle our baby for at least the first 24 hours.
- We do not want our baby to have artificial nipples (dummies or bottles) at any time. If alternative feeding methods of expressed milk are needed, we would like our baby to be fed using a syringe, [cup](#) or spoon.
- We do not want our baby to receive anything other than breastmilk unless medically necessary. If it is considered necessary, we would like to discuss this first with a paediatrician.
- If there are concerns about our [baby's weight](#), I would like to try more frequent feeding and other strategies for addressing this, with complements only to be given as a last resort and by a [breastfeeding supplementer](#).

IF I NEED MORE INFORMATION OR SUPPORT

- I will remind myself that breastfeeding, although natural, is a learned skill.
- If I need information or support regarding breastfeeding, I will not hesitate to:
 - call the Breastfeeding Helpline on 1800 686 268, available 24 hours a day, 7 days a week
 - [email](#) an Australian Breastfeeding Association counsellor
 - check out the up-to-date information contained on the [Australian Breastfeeding Association's website](#) and in the Association's large range of breastfeeding-related [booklets](#)
 - contact an [Internationally Board Certified Lactation Consultant](#) if I have problems that ABA counsellors are unable to help me with
 - contact [my local Australian Breastfeeding Association group](#) for support and friendship from other breastfeeding mums.