

# My Action Plan for Breastfeeding



Name: \_\_\_\_\_

Check the box for each step you are doing now to prepare for breastfeeding. Check the boxes for the steps you plan to take. Write down other ways you plan to prepare for breastfeeding.

## Things that I can do to get ready for breastfeeding

- Learn more about breastfeeding by asking questions, attending classes, and reading. Ask my local WIC agency, medical provider, or clinic staff for more information and help.
- Attend a breastfeeding support group at WIC, a doctor's office or La Leche League to talk to moms who have breastfeeding experience.
- Talk to my family, husband/partner, friends, and my work or school about my plans to breastfeed my baby.
- Fill out a birth plan and give it to my doctor. Ask your case manager for a copy of *My Birth Plan*.
- Ask that my baby stay in my room after I give birth.
- Start breastfeeding in the first hour after delivery.
- Avoid pacifier use for the first month.
- Complete and save *My Breastfeeding Resources*.
- If I have trouble breastfeeding, I will ask for help instead of giving my baby formula.
- Give my baby only breast milk for the first six months and try to breastfeed for at least a whole year. If I need to be away from my baby, I can pump breast milk.
- Other ideas to help me breastfeed my baby:  
 \_\_\_\_\_  
 \_\_\_\_\_

Am Doing	Steps I Will Take
<input type="checkbox"/>	<input type="checkbox"/>

Signature: \_\_\_\_\_

Date: \_\_\_\_\_