



It's Worth It!

Make a Plan



Planning Ahead Makes Breastfeeding Easier

Breastfeeding is a healthy choice for both moms and babies. Take time to make a plan to meet your breastfeeding goals. Planning before the baby is born can be very helpful. Have confidence in yourself. You can do it!



Talk About Your Breastfeeding Goals with:

Partner, Family and Friends: Share your breastfeeding goals with your loved ones. Ask for their support. Together come up with ideas of how they can give you a hand; making meals, helping with older children, cuddling with the baby.

Health Care Providers: Let them know you want to breastfeed. Health care providers will answer questions and support your breastfeeding choice.

Work or School: If you plan to breastfeed when you go back to work or school, talk to your job or school about your breastfeeding or pumping needs when you are away from your baby. There are [laws](#) that allow you to pump your breast milk when you are away from your baby. They can be found at the link below.

<http://www.breastfeedingct.org/laws.html>

“Everyone knew about my plan. That helped my son and I get off to the best start. We were given the support and encouragement we needed to breastfeed every step of the way.”

Learn About Breastfeeding

Ask your health care providers, WIC Nutritionist or peer counselor for information about free or low-cost breastfeeding classes in your area.

If you can't go to a class, ask about good on-line breastfeeding resources or books to check out.

Here is a list of topics to learn about before your baby arrives.

- * Skin-to-skin contact (SSC)
- * Comfortable positioning
- * How to latch your baby
- * What is colostrum?
- * Hunger and fullness cues
- * Staying close to your baby (Rooming-In)

Steps to Take in the Hospital

Before you deliver, tell the hospital staff that you want to breastfeed. They are there to help you:

Hold your baby skin to skin right away after giving birth, even if you have a C-section. This helps the baby breastfeed within the first hour.

Learn how to breastfeed. Breast milk is all your baby needs. Babies have small tummies and will need to feed often. Only give formula if your health care provider says the baby needs it for a medical reason. This will protect your milk supply.

Stay close to your baby. Having your baby with you all day and at night helps you take care of your baby, learn her feeding cues, and breastfeed often. This is called "Rooming-In". Ask staff to help you keep your baby close.

Don't Be Afraid to Ask for Help

If you need help with breastfeeding in the hospital, ask your nurse or a lactation consultant.

A lactation consultant is part of the medical team and can give expert advice on breastfeeding.

Go to the [Zip Milk](http://www.zipmilk.org) webpage to find breastfeeding help near you!

<http://www.zipmilk.org/states/connecticut>

Bringing Home Baby

Ask about breastfeeding support groups available to you. Breastfeeding support groups may be offered through the hospital or local community agencies such as WIC, [La Leche League](#), or [Breastfeeding USA](#). If needed, community lactation consultants can help, too. Moms that have community support breastfeed longer.

Take the time and Make a Plan to meet your breastfeeding goals. It's Worth It!

Use the [Make a Plan Breastfeeding Checklist](#) found under resources on the **CT-DPH Breastfeeding Page:**
http://www.ct.gov/dph/cwp/view.asp?a=3138&q=390658&dphNav_GID=1601&dphPN_avCtr=|47013|#47015


loving support.
MAKES BREASTFEEDING WORK

