

8 Weeks

Question:

- What are your plans for breastfeeding?

12 Weeks

OB Physical

Question:

- Do you have any concerns from a previous breastfeeding experience?
- If this is your first time breastfeeding, is there anything you are concerned about?

16 Weeks

Key Point:

- There are many benefits of breastfeeding for mom and baby.
- Please read about the benefits of breastfeeding as you determine how you would like to feed your baby after delivery.

20 Weeks

Question:

- Did you know there are a number of supports available to help you breastfeed?

24 Weeks

Question:

- Have you registered for prenatal classes?
- Have you thought about starting a breastfeeding action plan?

28 Weeks

Key Point:

- Holding your baby skin-to-skin after birth during the 1st “magic hour” is beneficial.

Week 12

Important Points:

- WHO recommends that you exclusively breastfeed without the use of infant formula or other foods or liquids for the first six months and continue partial breastfeeding for at least 12 months, up to 2 years and beyond!

Do you have any additional questions or concerns about breastfeeding?

Week 8

Important Points:

- Look up the “Coffective” app as a helpful guide throughout your pregnancy.

Do you have any additional questions or concerns about breastfeeding?

Week 20

Important Points:

- Queen Square Breastfeeding Clinic is available within this same office; there is also Peel Public Health and the Doctors Breastfeeding Clinic.

Do you have any additional questions or concerns about breastfeeding?

Week 16

Important Points:

- Breastfeeding benefits both mom and baby.
- Provide handout with benefits of breastfeeding.

Do you have any additional questions or concerns about breastfeeding?

Week 28

Important Points:

- Mom or dad can do skin-to-skin; it regulates your baby’s temperature, breathing and heart rate!
- Try to latch and breastfeed within the first 1-2 hours after birth.

Do you have any additional questions or concerns about breastfeeding?

Week 24

Important Points:

- We offer a complimentary Prenatal Breastfeeding Education Workshop: please provide the patient with next available date and handout with workshop details.

Do you have any additional questions or concerns about breastfeeding?

30 Weeks

Key Point:

- Rooming-in with your baby at the hospital and getting rest can help you bond with your baby and initiate breastfeeding.

32 Weeks

Key Point:

- Your baby will give you “feeding cues” when they are hungry.

34 Weeks

Key Point:

- Ideally we should breastfeed “8 or more in 24”: 8 or more breastfeeds in 24 hours; both sides, 15 to 20 minutes per side.

36 Weeks

Key Point:

- We recommend avoiding pacifier or bottle use for the first 4 to 6 weeks, as it can make breastfeeding more difficult for your baby.

38 Weeks

Question:

- Do you remember discussing the benefits of breastfeeding?

40 Weeks

Question:

- Do you have a breastfeeding action plan?

Week 32

Important Points:

- It's best to identify the early cues: rooting, hand-to-mouth, stirring or stretching.
- Crying is a late sign of hunger.

Do you have any additional questions or concerns about breastfeeding?

Week 30

Important Points:

- By providing frequent skin-to-skin and staying with your baby, it gives you time to bond.

Do you have any additional questions or concerns about breastfeeding?

Week 36

Important Points:

- A pacifier has a different shape and texture than your breast, so this can cause “nipple confusion” as baby will latch on differently. Also, early introduction of a pacifier can cause feeding cues to be missed.

Do you have any additional questions or concerns about breastfeeding?

Week 34

Important Points:

- Your baby's stomach is small at birth: colostrum is loaded with nutrients and antibodies and is all your baby needs. Remember to feed frequently, both breasts each time. During the first couple of weeks, your baby may want more frequent feeds, up to 12/day.

Do you have any additional questions or concerns about breastfeeding?

Week 40

Important Points:

- Provide patient with Action Plan
- Our Registered Nurses and physician specialized in breastfeeding medicine would be happy to assist you in completing your Action Plan!

This document has been prepared with funds provided by the Government of Ontario and the support of the Best Start Resource Centre at Health Nexus.

Week 38

Important Points:

- Just a reminder, here are the benefits of breastfeeding for mother and infant.
- Provide handout with benefits of breastfeeding.

Do you have any additional questions or concerns about breastfeeding?