



Breastfeeding: Best Start for Baby!



Physician Breastfeeding Tool

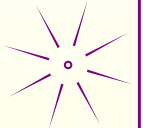


8 weeks: What are your plans for breastfeeding?

12 weeks: 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: There are many benefits of breastfeeding for mom and baby: please read about the benefits as you determine how you would like to feed your baby.

20 weeks: Did you know there are a number of supports available to help you breastfeed?



24 weeks: Have you registered for prenatal classes? Have you thought about starting a breastfeeding action plan?

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

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

32 weeks: Your baby will give you “feeding cues” when they are hungry

34 weeks: 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: 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: Do you remember discussing the benefits of breastfeeding?

40 weeks: Do you have a breastfeeding action plan?



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Key points:



- 8 weeks:** Look up the “Coffective” app as a helpful guide throughout your pregnancy.
- 12 weeks:** 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!
- 16 weeks:** Breastfeeding benefits mom and baby: please provide handout with the benefits of breastfeeding.
- 20 weeks:** Queen Square Breastfeeding Clinic is available within this same office; there is also Peel Public Health and the Doctors Breastfeeding Clinic.
- 24 weeks:** We offer a complimentary Prenatal Breastfeeding Education Workshop: please provide patient with next available date and handout with workshop details.
- 28 weeks:** 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.
- 30 weeks:** By providing frequent skin-to-skin and staying with your baby, it gives you time to bond.
- 32 weeks:** It’s best to identify the early cues: rooting, hand-to-mouth, stirring or stretching. Crying is a late sign of hunger.
- 34 weeks:** 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 times per day.
- 36 weeks:** 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.
- 38 weeks:** Please provide handout with the benefits of breastfeeding.
- 40 weeks:** Provide patient with Action Plan. Our Breastfeeding Clinic can assist patient in completing their Action Plan.

