## My wish to breastfeed

My name is and I'm planning to exclusiv	el
breastfeed my baby. If I am unable to answer questions concerning my plans to feed my newbo	or
baby, please address your questions to my partner:	
Mu chaices at hinth	
<b>♦</b> My choices at birth	
Immediately after I deliver my baby	
☐ I wish to have my baby placed skin-to-skin with me for at least an hour.	
☐ I want to be able to detect my baby's readiness to feed.	
☐ I wish to respect my baby's rhythm and let them root and crawl to the breast.	
☐ I want to breastfeed my baby in the hour after birth.	
☐ If I can't have my baby close to me for a medical reason, I wish my baby to be placed skin-to-skin	
with:	
☐ If my baby has special needs, I wish to be able to hold them in my arms, skin-to skin, as soon as their	
medical condition permits it.	
During my stay at the hospital or birthing center	
☐ I want to be able to breastfeed my baby exclusively.	
☐ I want to room in with my baby 24/7.	
☐ I want to be able to observe my baby's feeding cues and breastfeed them at the first signs of hunger.	
☐ I wish to get all the help I need in the first 6 hours after birth and whenever I need afterwards.	
☐ I would like my support person,, to be welcomed to stay with me day and	
night, as I wish.	
☐ I would like to be thought how to express my colostrum (first milk).	
☐ If my baby does not suckle at the breast enough, I will be expressing drops of colostrum and giving it to	
my baby every hour, if necessary.	
☐ If my baby is sound asleep, I will respect their sleeping and provide them colostrum by spoon regularly.	
☐ I do not want my baby to be given any kind of artificial teat or soother/pacifier, until breastfeeding is well	
established.	
☐ If, for a medical reason, it's necessary to give my baby a supplement, I want to be able to express my milk	
and give it to my baby.	
If, for a medical reason, my baby can't feed by himself on the breast, I want to express my colostrum and	
give it to my baby every hour to provide oral immune therapy.	
☐ If a supplement is necessary, I want to be able to take an informed decision regarding the supplement. I	
want to be informed of the benefits, the risks, the alternatives and the implication of the supplement and	
what will it result in if I choose to refuse the supplement. I want my choice to be respected.	
☐ Before uncomfortable or painful interventions (blood test, exams, etc.), I want to give colostrum or the	
breast to my baby to calm and comfort my baby.	

Or	ace at home
	I will continue to feed my baby to the breast exclusively. I will observe my baby's hunger cues and nurse them as soon as they are ready to feed. I will nurse my baby at least 8 times a day. I will check my baby's diapers to make sure they pee enough and have bowel movements. I will give my baby a vitamin D supplement everyday.
•	Support
•	If I have questions or concerns regarding breastfeeding, I will communicate with:
	A specialized breastfeeding professional (IBCLC):
	Nametel.:
	My friend who breastfed their baby :
	Nametel. :
	Naissance-Renaissance Outaouais ( <u>www.nroutaouais.ca</u> ):
	Nametel.: (819) 561-4499
	Other (Breastfeeding godmother):
	Nametel. :
	If I need to take a break, I have two options:
۷.	If I am tired and need help from family or friends, I can call:
•	Nametel.:
	Nametel.:

•	Τf	I feel I would benefit from a parent/caregiver support group, I can go to these places :
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•	K	Reminders
Ιk	enc	)W
	T. T. ev T. T. ba	hat breastmilk is the best milk for my baby's needs. hat my milk supply is enough for my baby, even if I can't measure it's intake. hat it's normal for my baby to claim a feeding again, even if they breastfed not long ago. hat my baby's needs will change constantly and they will unlikely have a routine, this will come ventually. hat breastfeeding is more than food and that there is no problem to nurse my baby for comfort. hat if people make negative remarks about breastfeeding, I will stay confident of my body and my aby's abilities to know what is best for them. hat as my baby will be thriving; it's possible that they will request to nurse more often and for nger periods of time. So I will reastfeed my baby until they are satisfied. will drink when thirsty and eat healthy meals and snacks when hungry. will rest when tired.
		Notes