



Mother's Breastfeeding Checklist

Use the following checklist to ensure that you have received the necessary information from your health care providers before leaving the hospital.

- I know the benefits of breastfeeding my baby.
- I know how to recognize when to feed my baby.
- I know how many times to feed my baby in 24hours.
- I know the signs of a good latch.
- I know signs that my baby is getting enough.
- I know how to tell if a disposable diaper is wet.
- I can position the baby correctly at both breasts, and have tried different positions.
- My baby can latch to both breasts.
- I know how many wet diapers and bowel movements my baby should have in the first week.
- I would discuss the use of soothers with my health care provider before giving one to my baby.
- I know when to ask for help with breastfeeding and where to get help after leaving the hospital.
- I know how to manage breast fullness, and where to ask for help as needed.
- My doctor has told me when to have an office visit after leaving the hospital.
- I have been shown other ways to feed if necessary.