

My name is \_\_\_\_\_  
and my goal is to exclusively breastfeed my baby.

Breastfeeding is very important to me and my baby. Please follow my requests below as long as it is medically safe for me and my baby. If I can't answer questions about how to feed my baby, please speak with the following person who knows my wishes:

\_\_\_\_\_



*Check all that apply.*

**Exclusive breastfeeding**

Do not give my baby any formula supplements before speaking to me.

**No bottles or pacifiers**

Do not give my baby pacifiers or any types of bottles with formula, water, or glucose water. If there is a medical reason to give something other than my breast milk, I would like to speak with a lactation consultant or doctor first.

**Skin-to-skin**

When my baby is born, I want to have him/ her put on my chest, skin-to-skin with me for at least 30 minutes. Please do the normal newborn tests with my baby on my chest. During our stay, I want to be able to hold my baby skin-to-skin as much as possible. A blanket may be placed over us, but not between us, if extra warmth is needed.

**First hour**

I plan to start breastfeeding within 30 minutes to 1 hour of birth. This means placing my baby skin-to-skin as soon as possible after birth and helping to begin breastfeeding when my baby seems ready. Please do not force my baby to take the breast. Instead, keep my baby skin-to-skin with me until he/she is ready to try to feed.

**Routine exams**

I want my baby to stay with me during normal newborn exams and not taken away from me unless he/she requires medical treatment that cannot be done in my room.

**Emergency cesarean**

If I have a cesarean (C-Section), I would like to hold my baby skin-to-skin as soon as possible after the operation. If I am unable to hold my baby for some time after birth, then please allow my partner to hold my baby skin-to-skin.

**Rooming in**

I expect to be in the same room with my baby 24 hours a day to give my baby plenty of skin-to-skin time and so I can learn my baby's hunger signs.

**Breastfeeding assistance**

Show me what a good breastfeeding latch looks like and how to fix my baby's position and latch if needed. Show me how to know my baby's early hunger signs and how to tell if my baby is breastfeeding well.

**Breast pumps**

If my baby cannot breastfeed or is not with me because of medical reasons, I want to be able to use a breast pump within 6 hours of birth and to be shown how to do hand expression. If you think I am going to need a pump longer than my hospital stay or if there is not a double electric breast pump available, please give me information on how and where to get a breast pump.

**Discharge bags**

Do not give me any formula samples or show me any information or advertisements about formula.

**Breastfeeding support after discharge**

I would like to receive contact information for breastfeeding support in case I need help with breastfeeding after my baby and I are at home.

[www.HealthiestWeightFlorida.com](http://www.HealthiestWeightFlorida.com)

*Adapted from the Texas Department of State Health Services*

