

Module 3B: Breastfeeding Checklist for postpartum home phone call

Teaching Point: With these easy yes/no questions, we can see if mom needs breastfeeding help, and then can connect her with help. Mom herself can use the numbers- the flyer is in her folder.

Game Plan: Either the CHW or the lactation counselor will be calling mom after she gets home- she should expect this call. These questions are used to see if help is needed. Go over the questions now to prepare.

Breastfeeding checklist when baby is 3 to 4 days old

“Did you begin breastfeeding or did you want to begin breastfeeding?” If YES, continue. (If NO, stop here.)

1. Does your baby breastfeed every 2-3 hours, or have at least 8 feeds in 24 hours?

YES NO

2. Are the feeds at least 10 minutes long?

YES NO

3. Do you hear the baby swallowing?

YES NO

4. Does the baby seem full and satisfied after the feeding?

YES NO

5. Do your breasts feel less full after the feeding?

YES NO

6. Does your baby have at least 4-6 urine (pee) diapers each day?

YES NO

7. Does your baby have at least 3-5 soft stools (bm's) each day?

YES NO

IF any NO, refer to Breastfeeding questions phone help below:

Breastfeeding Questions - ask a question or make an appointment to see a lactation consultant:

Eastside MacDonald Lactation Center – 440-995-3830

Westside MacDonald Lactation Center – 440-250-2035

Pump sales:

Medic Home Health Care (701 Beta Drive, Cleve, 44143): 440-449-7727

Walgreens (6605 Mayfield Rd, Mayfield Hts 44605): 440-605-1956

Cleveland Clinic Pharmacy (Corner of 93rd and Euclid): 216-445-6337

If you are a WIC participant, pumps are available at no cost if your baby is 3 weeks old, exclusively breastfeeding, and you are returning to work or school (part-time or full-time). Contact your WIC office!

Helpful breastfeeding websites:

www.lowmilksupply.org; www.breastfeeding.com; www.drjacknewman.com