Doctor Hospit	STFEEDINGPLAN: First14 Days Date: 's Name: Doctor's Phone Number: al Emergency Department Phone Number: F OR BREASTFEEDING: How long would you like to exclusive	BABY Birth Date:		on Specialist Phone Number: Day of Discharge weight:
d woH GREEN ZONE	 Signs that breastfeeding is going well: Baby feeds at least 8 to 12 times in a 24-hour pe Your breasts feel full and firm before feeding an By the end of the first week, your baby wets at least and stools have transitioned to yellow and s Baby completes most feedings within 15 to 45 m You may feel a tug at the breast but no severe p 	id softer after feeding. east 5 diapers every seedy. ninutes.	wide like a yawn While breastfeed Baby suckles acti Baby seems full a Some babies self	is breastfeeding, his/her mouth is open with lips flipped out. ding, baby can be heard swallowing. vely in the beginning and slows as continues and satisfied after feeding. -detach from the breast after most feeds. ast 1 hour between most feeds.

- Are you feeling pressure in your breasts? Are they firm, tender, or swollen? Try gently pressing the circular area around your nipple (areola) firmly and steadily with 1 or 2 fingers for one minute. You can also try hand expressing or pumping to decrease firmness.
- Experiencing nipple pain, nipple trauma, or pinching that does not go away during feeding? Break the latch, adjust the latch, and try again.
 Review breastfeeding positions to hold the baby in an optimal way. Schedule an appointment with baby's provider or lactation consultant.
- Baby is very sleepy at the breast? Try burping mid-feed or breast compressions to stimulate milk flow. Try undressing your baby, changing their diaper prior to feeding, or using a cool washcloth to wake them. If you are unable to wake your baby, proceed to the Red Zone.
- Baby falling below goal number of feedings? Wake baby if more than 3 hours have passed since last feeding (or 4 hours at night).
- Experiencing maternal dry mouth? Increase water intake throughout the day and evening.

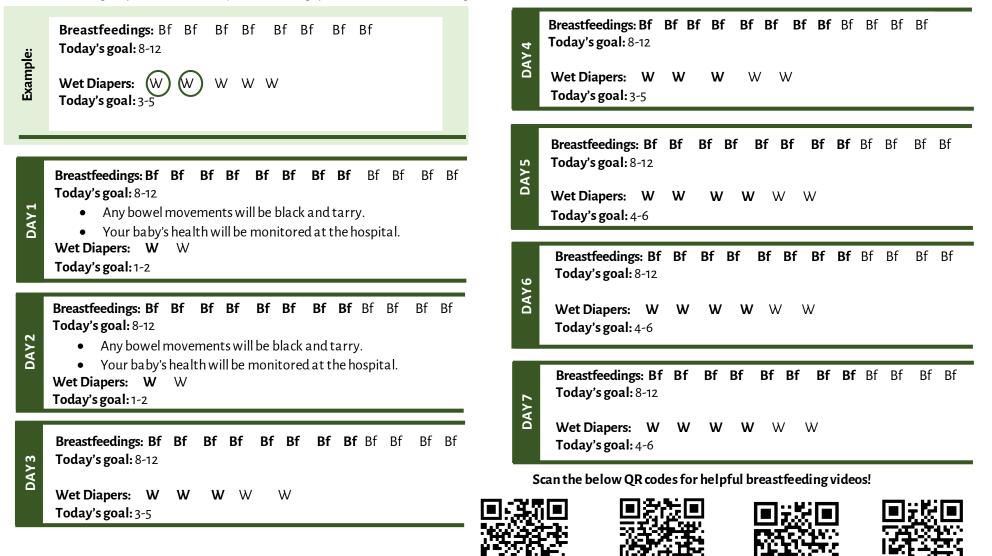
Signs you need to see your baby's doctor and what to try before your visit:

- Baby has not had a wet diaper in more than 8 hours? Hand express and offer to baby via spoon or syringe. Call your doctor for an evaluation. Try putting the baby to the breast and look for signs of a good latch (mouth is wide with lips flipped out and baby is swallowing.)
- **Baby will not latch?** Try skin to skin and try a different position to re-latch. Hand express or pump every 2-3 hours. Call your doctor for a latch evaluation. Provide baby pumped milk in a syringe, spoon, or bottle while waiting for the appointment.
- Experiencing increased firmness, tenderness or swelling of your breasts by 3 days postpartum? Call your doctor for an evaluation. Hand express or pump every 2-3 hours to protect your milk supply. Drink plenty of fluids when thirsty.
- **Experiencing increased breast pain and nipple pain?** Call your doctor if breast has pain, redness, and warmth. Soak breasts in warm water and take medication to decrease pain. Hand express or pump every 2-3 hours to protect milk supply and prevent clogged ducts or mastitis.

Local breastfeeding resources: _

RED ZONE

Keep this record and a pencil near you during the first week of your baby's life to keep track of your baby's breastfeeding and wet diapers. Bring this sheet with you to your doctor's visits. Simply circle the BF whenever your baby breastfeeds and circle the W whenever your baby has a wet diaper. Bowel movements of infants can vary but by the end of the first week stools should have transitioned to yellow and seedy. If your baby has fewer breastfeedings and wet diapers than the goal for that day, call your doctor or breastfeeding helper. Do not feel shy about asking questions! You are learning a new skill.



Relieving breast pressure

Hand expression

Breastfeeding in the 1st hour Attaching baby to the breast

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