Prepare for breastfeeding during pregnancy Checklist

Research the benefits of breastfeeding
□ Take a breastfeeding class (online/ offline), ideally
with your partner/ friend/ "breastfeeding buddy"
Nominate a "breastfeeding buddy" = support
person, discuss their role with them
□ Have a breast check by your healthcare provider to
assess anatomy of breasts and nipples, discuss
breastfeeding with your primary care giver
Attend a breastfeeding support group during
pregnancy
Watch videos about effective positioning and
attachment of baby at the breast
"U "Dry practise" positioning and attachment

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Checklist

Enquire about the support available in your
maternity hospital and local community
□ Save the contact details of your midwife, IBCLC,
doctor and emergency department in your phone for easy access postnatally
□ Set up a nursing station at home (nutritious snacks,
drinks, support cushions, breast pads, nipple cream, your phone, toys for an older sibling)
□ Learn about common breastfeeding challenges and
how to overcome them
Cook nutritious family meals in advance and freeze
them. Just heat one up for dinner when it feels like your baby has been feeding all day
Let your family and friends know that you are
planning to breastfeed so that they can be supportive