



## Protecting & Sustaining Breastfeeding Family Worksheet

### My Breastfeeding Goal

*How long do I want to breastfeed or feed human milk?*

- 2 weeks  6 weeks  3 months  6 months  9 months  1 year  18 months  2 years

My personal goal: \_\_\_\_\_

### My Support Team

*Who can support me with feeding, rest, meals, and encouragement?*

- Partner: \_\_\_\_\_  
 Family: \_\_\_\_\_  
 Friends: \_\_\_\_\_  
 Healthcare Provider: \_\_\_\_\_  
 Breastfeeding Peer Support Group: \_\_\_\_\_  
 Breastfeeding/Well Baby Clinic: \_\_\_\_\_  
 Online Group: \_\_\_\_\_

### My Feeding Plan for Challenges

*What will I do if breastfeeding gets difficult?*

- Call my healthcare provider  
 Call my public health unit  
 Call a lactation consultant or breastfeeding counsellor  
 Use skin-to-skin to reconnect with my baby  
 Take a break and try again  
 Ask someone I trust for help

Other: \_\_\_\_\_










**Protecting and sustaining breastfeeding is a team effort. Don't hesitate to reach out to others. Working together can help you achieve your infant feeding goals!**

## Know Your Rights & Resources

### *Did you know?*

- ★ The [Ontario Human Rights Code](#) gives women the right to accommodation for pregnancy-related needs, prohibits discrimination against women who are pregnant and breast-feeding in services, goods and facilities, and gives women the right to breastfeed undisturbed.
- ★ You can ask for breastfeeding-friendly spaces in workplaces or public settings.
- ★ The Baby-Friendly Initiative (BFI) helps hospitals and community health services such as public health units give evidence-based breastfeeding support. You can ask for breastfeeding-friendly spaces in workplaces and public settings.

### Helpful Resources:

-  Public Health Unit \_\_\_\_\_
-  Breastfeeding Peer Support Group \_\_\_\_\_
-  Lactation Consultant/Breastfeeding Counsellor \_\_\_\_\_
-  Health 811
-  Breastfeeding/Well Baby Clinic: \_\_\_\_\_
-  Online Support Group: \_\_\_\_\_
-  Reliable Info Website: \_\_\_\_\_

## Protecting Breastfeeding at Home

### *Put a ✓ next to the things you'll do or try:*

- Keep baby close (hold baby skin-to-skin, room-sharing)
- Learn baby's early hunger cues (crying is a late cue)
- Feed often — 8+ times in 24 hours
- Monitor baby's wet and soiled diapers during the first few weeks
- Avoid formula supplements unless medically needed
- Avoid pacifiers and bottles
- Ask others to help with chores so I can rest
- Share information with my support team

## Questions to Ask My Healthcare Provider

 Write down any questions or concerns: