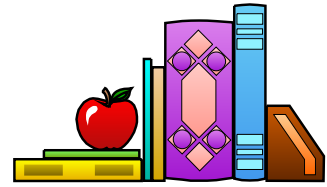


Special Feeding Plan



Reason for feeding plan _____

1. Offer the breast:
 - At each feeding
 - Every _____ feeding
 - Or _____

2. Nurse your baby:
 - As long as your baby wants to nurse
 - For _____ minutes
 - On one side
 - On both sides

3. Attempt to latch your baby for:
 - No more than three/four times at each feeding
 - No more than 5 minutes on each side
 - Or _____

4. Hands on Pumping:
 - After every feeding or attempted feeding
 - Only if the feeding is less than a good feeding
 - Do insurance pumping _____ times/24 hours
 - Pump on side at a time, going back and forth between sides
 - Pump for 15 - 20 minutes double
 - Hand Express after each pumping till your milk comes in
 - Pump for 2 minutes after the milk stops dripping

5. Supplementing:
 - After all feedings
 - If fussy after nursing
 - Supplement with a total of _____ ml/oz
 - Use expressed breastmilk
 - Use _____ formula (specify type)

6. Skin to Skin:
 - For 30 minutes prior to each feeding
 - As often as possible between feedings
 - For _____ minutes per day

7. Keep written records of feedings, when and how much you supplements and number of wet and dirty diapers with the Breastfeeding Diary

8. Special Instructions: