

Prenatal Breastfeeding Education Checklist:

What do I need to learn before birth?

First days.....

- ☐ skin-to-skin
- ☐ on-demand feeding
- ☐ recognizing feeding cues
- ☐ achieving a deep latch
- ☐ understanding colostrum
- ☐ counting wet and dirty diapers

Keep learning
even after
this class!

Establishing milk supply.....

- ☐ 8-10 feeds around the clock
- ☐ cluster feeding
- ☐ engorgement/fullness
- ☐ finding help & support
- ☐ feeding positions
- ☐ warning signs
- ☐ pumping
- ☐ milk storage guidelines
- ☐ growth spurts
- ☐ how & when to properly supplement
- ☐ soreness v. mastitis
- ☐ going back to work



Consider these topics *essential learning*!