

BREASTFEEDING ROADMAP

WHAT TO DO WHEN



36 Weeks Pregnant

- Attend a childbirth and breastfeeding education class at your birthing hospital
- Talk to your employer about a breastfeeding plan for when you return to work
- Reach out to your insurance provider for a free breast pump



Birth–2 Weeks Old

- Ensure the baby is latching properly to avoid sore or cracked nipples
- Expect increased breastfeeding during growth spurt
- Continue feeding 8–12 times a day according to baby's hunger cues
- Baby stomach size is the size of a ping pong ball

Birth

- Place baby skin to skin and breastfeed within one hour after birth
- Baby will feed every 2–3 hours during the day with longer gaps between feedings possible at night
- Get support from lactation consultant if having difficulty
- Baby stomach size is the size of a marble



2 weeks – 2 Months Old

- Baby's growth and development progresses rapidly during this time
- Expect another growth spurt and possibly higher demand for milk
- Baby may sleep for longer stretches at night

4–6 Months Old

- Introduce solid food and baby cereal as a supplement to breast milk
- Baby's teeth may start coming in – rest assured, it is still possible to breastfeed with your baby's teeth coming in



6–9 Months Old

- A quiet space may be needed as you continue to breastfeed and baby grows more interested in the world around them

