



Carolinah HealthCare System Plan for Infant Feeding

The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for about 6 months, with continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant, a recommendation concurred to by the World Health Organization (WHO) and the Institute of Medicine.

Five postpartum hospital practices have been demonstrated to increase breastfeeding duration:

1. breastfeeding in the first hour after birth
2. on-demand exclusive breastfeeding for the healthy infant
3. rooming-in
4. avoiding use of pacifiers until breastfeeding is well established (3-4 weeks)
5. receipt of telephone number for support after discharge from the hospital

Staying together, rooming-in and keeping your baby with you as much as possible can help you learn your baby's feeding cues. Breastfeeding babies will feed 8-12 times per day. Please read below and tell us your desires. We will give formula only if you ask or if ordered by your healthcare provider. Early on, pacifier or bottle use may affect a baby's interest in breastfeeding resulting in:

1. difficulty in latching in and sucking properly
2. drop in milk supply due to fewer feedings at the breast
3. possible allergies
4. stomach upset in the baby
5. maternal breast swelling due to fewer feedings

The staff and physicians at Carolinas HealthCare System support your decisions. To assist us with providing excellent care for you and your baby, please date and initial the line or lines that meet your needs.

I want my baby to:

- _____ breastfeed or get pumped breast milk only
- _____ be fed formula only if recommended by my baby's doctor due to medical necessity
- _____ be fed formula by my choice

(Date/initial)

I understand this is a communication tool and my questions have been answered. Changes to this plan may be made at any time after consulting with my doctor, midwife, nurse, or lactation consultant.

Parent's Signature

Initials

Date/Time

Nurse's Signature

Initials

Date/Time

 Carolinas HealthCare System Plan for Infant Feeding (Rev 7/13)	Patient Identifier
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