

Module 3B: Breastfeeding Checklist for postpartum home phone call

Teaching Point: With these yes/no questions, we can see if mom needs breastfeeding help, and then can connect her with help. The Ohio Breastfeeding Hotline is available 24/7 by call or text. It is picked up live by a lactation specialist.

Game Plan: Either the CHW or the lactation counselor will be calling mom after she gets home- she should expect this call. These questions are used to see if help is needed. Go over the questions now to prepare.

Breastfeeding checklist when baby is 3 to 4 days old

1. Does your baby breastfeed at least 8-12 times in one day?
 YES NO

2. Are you feeding the baby when you see feeding cues (these are: lip smacking, bringing one or both hands to the mouth, moving head side to side, making faces like he is going to cry or fussing sounds)?
 YES NO

3. Do you hear the baby swallowing?
 YES NO

4. Does the baby seem full and satisfied after the feeding?
 YES NO

5. Do your breasts feel less full after the feeding?
 YES NO

6. Does your baby have at least 4-6 urine (pee) diapers each day?
 YES NO

7. Does your baby have at least 3-5 soft stools (bm's) each day?
 YES NO

IF any NO:

During the daytime (or office hours) please call your doctor, nurse, WIC Peer Helper, lactation specialist or the WIC warm line (216-957-9435).

Any time, if you cannot get through right away, or during evening or night hours (24/7), call the **Ohio Breastfeeding Hotline: 1-888-588-3423** or you can text **BFHOTLINE** to **839863**.