

## At Home



- Ask family and friends to help with household tasks or caring for your other children
- Rest or nap whenever your baby is sleeping
- If breastfeeding is difficult, reach out to your WIC clinic, lactation consultant, or healthcare provider
- Find a breastfeeding support group

## Health Benefits of Breastfeeding



- **Perfect nutrition:** Human breast milk is specially designed for your baby, with over 200 nutrients plus antibodies that help protect against illness
- **Adapts as your baby grows:** Breast milk changes to meet your baby's needs at every stage, something formula can not do
- **Gentle on the tummy:** Breast milk is easy to digest, so babies who are breastfed usually have less gas, colic, and spit-up
- **Healthier digestion:** Breastfed babies tend to have fewer problems with diarrhea and constipation
- **Fewer infections:** Babies who are breastfed are less likely to get respiratory illnesses, ear infections, or urinary tract infections



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## My Birth Plan



My Name \_\_\_\_\_

My Support Person is \_\_\_\_\_

Due Date \_\_\_\_\_

My WIC Breastfeeding Educator \_\_\_\_\_

My Doctor is \_\_\_\_\_

Baby's Doctor is \_\_\_\_\_

I want to breastfeed my baby for  
as long as possible

## Getting ready for your baby's arrival is important

Creating a birth plan allows you to consider your preferences for labor, delivery, and postpartum care. Use this guide to help outline your wishes and share them with your support team. Use this checklist to create your own birth plan. Share it with your health care provider, family, and support team so everyone understands and respects your wishes.

### Before Delivery



- Enroll in a childbirth and breastfeeding class
- Learn about the benefits of breastfeeding and share your decision with family and friends
- Tour hospitals (if possible) and decide where to deliver. Look for Baby-Friendly hospitals
- Build a support network of family, friends, and healthcare providers who respect your choices
- Go over your birth plan with your support team so they can advocate for you
- Contact WIC for free breastfeeding classes, support groups, peer counselors, lactation experts, and supplies (such as breast pumps, if needed)



### Breastfeeding



Breastfeeding your baby provides the liquid gold colostrum, which is the thicker first milk, made during pregnancy and just after birth.

This milk is very rich in nutrients and includes antibodies to protect babies from infections.

### During Delivery



I am sharing my birth plan with:

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Let labor begin on its own: Yes  No

People I want in the room during delivery:

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Pain relief methods I prefer:

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(Examples: medicines, breathing, massage, tub, shower, etc.)

Comfort tools I am open to using:

- Birthing ball
- Movement
- Water (tub/shower)
- Birthing chair
- Other: \_\_\_\_\_

Pushing positions I would like to try:

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(Examples: squatting with support, side-lying, hands and knees, etc.)

If a cesarean section is needed, my preferences are:

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### After Delivery



After my baby is born, I want to:

- Hold my baby skin-to-skin right after birth
- Start breastfeeding within the first hour
- Keep my baby in my room (rooming-in) to bond, recognize hunger cues, and feed on demand – this supports milk supply
- Exclusively breastfeed (no other food or liquids), if supplementation is needed, families should be offered donor human milk first (when available), otherwise use formula only if it is truly needed.
- Breastfeed frequently – every 1.5 to 3 hours – since a newborn's stomach is very small and breast milk is everything they need
- Avoid pacifiers unless medically necessary
- Meet with a lactation expert before leaving the hospital
- Give my baby their first bath
- Limit visitors so I can rest, bond with my baby, and focus on learning to breastfeed