

Breastfeeding Prep

Make a plan-- how do you want to feed your baby?

Having some idea of your breastfeeding goals will allow you to work toward your ideal feeding situation.

A lactation consultant can work with you to determine what interventions might be needed to help you get there.

Below are some feeding options you may explore and discuss with your lactation consultant.

Direct Breastfeeding	Pumped milk	Donor Milk	Formula	Combination
“I want to breastfeed directly and I will do whatever it takes to make this happen”	“If baby needs additional milk, I only want to use pumped milk”	“If my baby needs additional milk and I am not producing enough, I’d like to use donor milk if possible”	“I would prefer to use formula to feed my baby”	“I want to have the flexibility of feeding from the breast or bottle”
“I want to breastfeed directly sometimes”	“I want to pump and bottle feed only”	“If my baby needs additional milk I don’t mind if it’s donor milk or formula”	“If I need formula to feed my baby that is OK”	“It doesn’t make a difference to me what my baby eats”
“It doesn’t make a difference to me whether I breastfeed directly.”	“I want to have some pumped breastmilk for my baby”		“I would prefer a specific type of formula if I need to feed formula”	

Order your breast-pump

<input type="checkbox"/>	<p>Choose a breast pump provider: There are websites that will check your insurance coverage, request a prescription from your doctor, let you choose which pump you want and then ship it to you.</p> <p>Here are a few to look into:</p> <p>The Lactation Network, Aeroflow Breastpumps, Pumping Essentials, Yummy Mummy</p>
<input type="checkbox"/>	Fill out your information on one of these sites and check which pump you are eligible for
<input type="checkbox"/>	Determine which pump fits your lifestyle and needs and place your order
<input type="checkbox"/>	Have your lactation consultant measure your nipples to determine if you should purchase a specific flange size in advance.

Supplies

Pumping Supplies	Good to have on hand	Lactation Consultant
<ul style="list-style-type: none"> ● breast pump ● pumping bra ● colostrum collectors ● milk bags 	<ul style="list-style-type: none"> ● nipple balm or lanolin ● hydrogel pads ● absorbent breast pads ● cold pack (could be bags of frozen peas) 	<p>Make an appointment to see a local lactation consultant to help prepare for your breastfeeding journey</p> <p>Visit www.bellevuelactation.com to schedule with us and see if you are eligible for full insurance coverage.</p>