

This is a guide to help you think through your baby feeding plan. Breastmilk or infant formula should remain the main source of nutrition for your baby until at least one year of age. Fill it out and use it to guide conversations with your care team and family and update as needed. Baby feeding plans may change over time, and that's okay!

TYPE OF BABY FEEDING	CONSIDERATIONS
Breastfeeding or Chest Feeding Feeding an infant human milk directly from the breast/chest	<ul style="list-style-type: none">• Benefits for baby and benefits for lactating parent• Are you comfortable with breastfeeding?<ul style="list-style-type: none">◦ In public vs. at home?◦ How do you feel about having a baby consistently at your breast/chest for feeding?• What or how will you feed your baby if you are not well?<ul style="list-style-type: none">◦ Ex: frozen human milk, donor milk, formula, or continue breast/chest feeding• If supplementation is necessary, what and how will you supplement?<ul style="list-style-type: none">◦ Ex: donor milk, formula, etc.
Expressed Human Milk or Pumping Using a hand or pump to remove milk from the breast	<ul style="list-style-type: none">• Will you want to use a breast/chest pump to express milk?<ul style="list-style-type: none">◦ If yes, daily or occasionally?• What type of pump may you want to use?<ul style="list-style-type: none">◦ Manual/by hand, electric, or wireless◦ Consider your preferences, budget, and insurance• If you are not well enough to feed your baby, what or how will you feed your baby?<ul style="list-style-type: none">◦ Ex: frozen human milk, donor milk, formula, or continue breast/chest feeding• If supplementation is necessary, with what and how will you supplement?<ul style="list-style-type: none">◦ Ex: donor milk vs. formula
Infant Formula Feeding Feeding with exclusively infant formula	<ul style="list-style-type: none">• What formula will you use?<ul style="list-style-type: none">◦ Considerations: allergies, price, availability• What type of bottle will you use?<ul style="list-style-type: none">◦ Recommend to use bottles with slow flow, wide based nipple• Preferred formula type<ul style="list-style-type: none">◦ Ready made vs. Powdered infant formula (requires boiling water)• Recommend paced feeding<ul style="list-style-type: none">◦ Responding to hunger cues and allowing baby to lead the feed
Combination Feeding Any amount of human milk and infant formula for nutrition	<ul style="list-style-type: none">• What type of human milk and/or infant formula will you use?• How will you offer feeds?<ul style="list-style-type: none">◦ Ex: Bottle, Cup, Syringe, Tube/SNS• When will you offer feeds?<ul style="list-style-type: none">◦ Ex: Immediately, When away from baby, Occasionally• How often will you combo feed? Occasionally or frequently?

DISCUSSION PREPARATION

I want to learn more about:

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Breastfeeding

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Expressed Human Milk (Pumping)

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Formula Feeding

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Combination Feeding

I want to connect with:

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SimpliFed

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WIC/ Health Department

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Breastfeeding Warm Line

My questions:

ACCESSING SIMPLIFIED SUPPORT

SimpliFed

Virtual breastfeeding and baby feeding support

Text CONNECT to 888-458-1364

Or scan:



7 days/week 9AM-9PM EST

www.SimpliFed.com

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We support families who feed their babies by breastfeeding, formula feeding, pumping, using donor milk, and/or combination feeding.