milkology

PRE-BABY BREASTFEEDING CHECKLIST

- [ ] Take **The Ultimate Breastfeeding Class** (online)
- [ ] Arrange for help for at least the first few weeks postpartum
- [ ] Find a local breastfeeding support group
- [ ] Educate your inner circle on breastfeeding benefits
- [ ] Join online breastfeeding support groups
- [ ] See if your insurance covers any lactation services
- [ ] Come up with a postpartum visitor plan with your partner
- [ ] Stock your freezer with easy meals
- [ ] Find a breastfeeding-friendly pediatrician
- [ ] Make and freeze some lactation cookies
- [ ] See if there are BabyFriendly Hospitals in your area
- [ ] Discuss postpartum plan with your doctor/midwife
- [ ] Make arrangements to "room in" with your baby
- [ ] Find an IBCLC you like and keep their info nearby
- [ ] Learn as much as you can about what to expect