

Deciding how to feed your baby

These questions may help you think about your options for feeding your baby

Thinking about your feeding options is an important part of getting ready for your baby. **The role of your health care provider** is to give you information about feeding your baby that is up-to-date, useful and sensitive to your needs. **Your role** is to make decisions that are best for you and your baby.

You can use this worksheet to keep track of any questions you might have and bring it with you to your next appointment to guide your conversation with your health care provider.

What types of things are you wondering about when it comes to feeding your baby? Write down any questions about feeding your baby that you would like to ask your health care provider. The answers can help you make an informed decision.

What is important to you about feeding your baby? Discuss this with your health care provider so they can understand how to best support you.

How do you feel about breastfeeding? Only you know your own thoughts and feelings about breastfeeding. This is an important part of making this decision.

If you have had a baby before, what was your feeding experience like? Is there anything you would like to change this time?

Did you know? Any amount of breastfeeding or breast milk for any length of time will benefit you and your baby. The longer breastmilk is provided, the greater the health benefits for both of you. However you decide to feed your baby, information and support is available from your health care provider.

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Is there anything about home, work, school or your community that could affect your decision? Your health care provider can help you create a realistic plan for feeding your baby.

Are there any health issues you're concerned about that may affect your ability to breastfeed? Talk with your health care provider if you have any health issues that may affect breastfeeding.

Is cost a concern for you in deciding how to feed your baby? Your health care provider can connect you to resources you may need.

Do you know someone who can support you in your feeding goals and decisions? Whatever you decide, your health care provider can help, but it's also good to think about family members and friends who can support you as well. Breastfeeding can take time and practice for both you and your baby to learn.

Is anyone trying to convince you one way or the other? Do what is right for you and your baby. Don't let others make this decision for you.

How would you like to feed your baby? With information and support that meets their needs, most women who want to breastfeed are able to do so. However you decide to feed your baby, your health care provider can support you in your feeding decision.

For more information about feeding your baby, visit
healthyparentshealthychildren.ca/im-a-parent/feeding-your-baby

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