

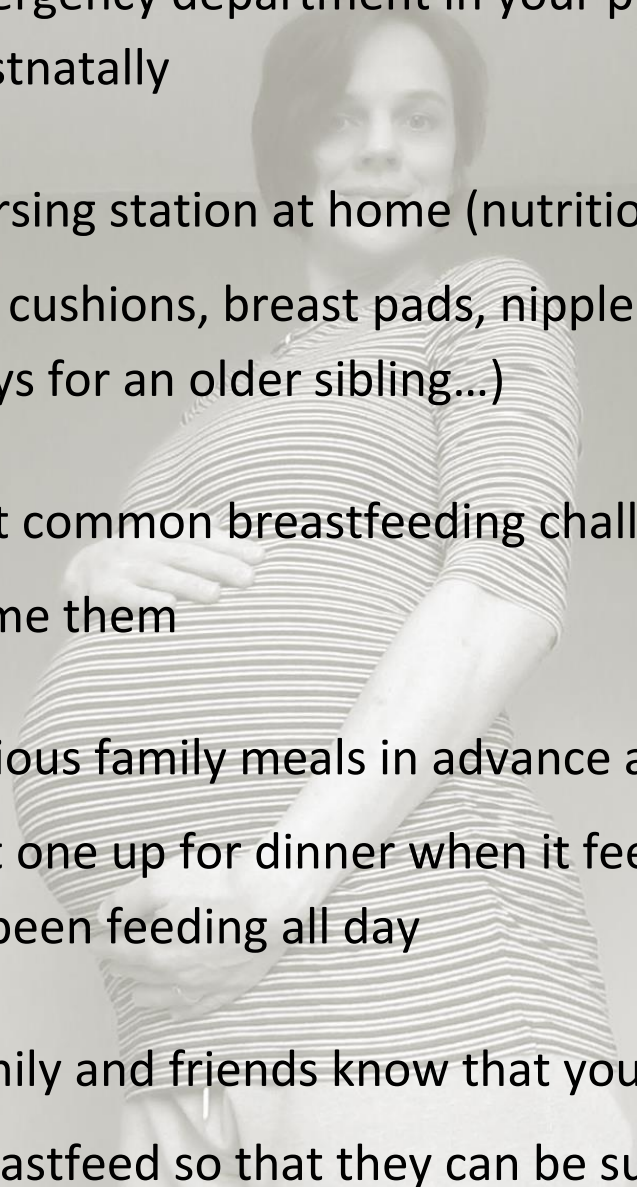
Prepare for breastfeeding during pregnancy

Checklist

- Research the benefits of breastfeeding
- Take a breastfeeding class (online/ offline), ideally with your partner/ friend/ “breastfeeding buddy”
- Nominate a “breastfeeding buddy” = support person, discuss their role with them
- Have a breast check by your healthcare provider to assess anatomy of breasts and nipples, discuss breastfeeding with your primary care giver
- Attend a breastfeeding support group during pregnancy
- Watch videos about effective positioning and attachment of baby at the breast
- “Dry practise” positioning and attachment

Prepare for breastfeeding during pregnancy

Checklist

- 
- Enquire about the support available in your maternity hospital and local community
 - Save the contact details of your midwife, IBCLC, doctor and emergency department in your phone for easy access postnatally
 - Set up a nursing station at home (nutritious snacks, drinks, support cushions, breast pads, nipple cream, your phone, toys for an older sibling...)
 - Learn about common breastfeeding challenges and how to overcome them
 - Cook nutritious family meals in advance and freeze them. Just heat one up for dinner when it feels like your baby has been feeding all day
 - Let your family and friends know that you are planning to breastfeed so that they can be supportive