

Infant Feeding - Antenatal Checklist

All of the following topics should be discussed with all pregnant women by 32 weeks of pregnancy

	Discussed (or note if mother declined discussion)	Signed	Date
Benefits of breastfeeding to the baby (protects against gastro-enteritis and diarrhoea, urinary tract infections, ear infections and chest infections; may also protect against allergies and diabetes)	<input type="checkbox"/>
Benefits of breastfeeding to the mother (protects against breast cancer, ovarian cancer and hip fractures in later life)	<input type="checkbox"/>
No other food or drink needed (for up to 6 months)	<input type="checkbox"/>
Importance of skin-to-skin contact after delivery (keeps baby warm and calm, promotes bonding, helps breastfeeding)	<input type="checkbox"/>
Importance of good positioning and attachment	<input type="checkbox"/>
Getting feeding off to a good start			
■ Baby-led feeding	<input type="checkbox"/>
■ Problems with using teats, dummies, nipple shields	<input type="checkbox"/>
■ Help will be available with feeds	<input type="checkbox"/>
■ Importance of rooming-in / keeping baby nearby	<input type="checkbox"/>
■ Benefits of and contraindications to bed sharing	<input type="checkbox"/>
(To reduce risk of cot death, babies should sleep in parents' room until 6 months. Bed sharing helps with breastfeeding but is not safe if either parent is a smoker, has been drinking or has taken drugs which make them very sleepy; also not safe on sofas or old sagging mattresses.)			
Leaflets given and discussed			
.....	<input type="checkbox"/>
.....	<input type="checkbox"/>
.....	<input type="checkbox"/>
.....	<input type="checkbox"/>