



# Hospital to Home Feeding Checklist

Created by:

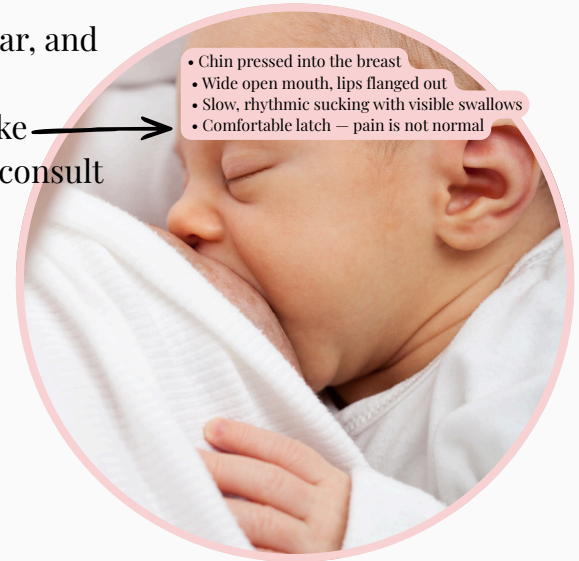
Erica Manners, RPN, Certified Breastfeeding Specialist  
Serving Niagara families • In-home & virtual consults  
ericamannerslactation.com

## Before Baby Arrives

- ✓ Learn your feeding options and make a plan
- ✓ Learn early feeding cues
- ✓ Learn normal colostrum amounts
- ✓ Learn how skin-to-skin supports warmth, blood sugar, and feeding
- ✓ Learn what a comfortable, deep latch looks & feels like →
- ✓ Learn the basics in a breastfeeding class or prenatal consult

## Feeding Expectations (Early Days)

- ✓ Expect 8–12+ feeds each day
- ✓ Milk usually comes in around days 2–5
- ✓ Cluster feeding is normal
- ✓ Baby is getting enough if you notice:
  - regular wet diapers
  - regular stools
  - weight starting to increase after the first few days



## Helpful Skills to Learn

- ✓ Hand expression (can be done before baby arrives)
- ✓ A few comfortable feeding positions
- ✓ How to feed a sleepy baby
- ✓ Gentle breast compressions to help milk flow

## Support & Planning

- ✓ Think about who will support you after baby arrives
- ✓ Save the contact of a lactation professional before birth
- ✓ Know when to reach out for feeding help
- ✓ Talk about your feeding plans with your team & support people



## Hospital & Early Postpartum

- ✓ Spend lots of time skin-to-skin when possible
- ✓ Feed when baby shows cues, not by the clock
- ✓ Ask for feeding help early if something feels off
- ✓ Remember: breastfeeding is learned by both of you