

Crib card



Step 1: Oral Care

- I'm not quite ready to begin the road to breastfeeding.
- **Mom:** Please pump 8-10 times a day including one time at night.
- **Mom:** Every drop counts. I need your colostrum for oral care. It's like medicine!

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Step 4: Nutritive Breastfeeding

I'm ready for nutritive breastfeeding when:

1. I am active, alert, and suck well throughout non-nutritive breastfeeding.
2. I am not having trouble with breathing.
3. I may be on a nasal cannula.

Mom: Watch me for hunger and fullness cues. Pump after each feeding to increase your milk supply. The nurse may weigh me before and after a breastfeeding session to see how much I got from the breast. This is called test weights.

Nurse: Help me and my mom while we learn how to breastfeed. If I don't eat well at the breast, give me a tube feeding. Please don't give me a bottle while I am learning to breastfeed unless my parents ask you to or I don't have a feeding tube in place.

Remember to keep pumping 8-10 times per day!

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Step 2: Skin-to-Skin (Kangaroo) Care

- I am ready to be held skin-to-skin.
- Please hold me skin-to-skin at least one time every day! Holding me skin-to-skin will increase your milk supply and get me ready to breastfeed.

Mom: Please keep pumping your breast milk 8-10 times each day. It is so good for me! You have more milk than I need right now, but I will need it when I get bigger!

Nurse: Help my mom feel comfortable and safe during skin-to-skin. Tell her she is doing great!

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Step 5: Breast and Bottle Feeding

- I am ready to learn how to bottle feed when I am doing well with nutritive breastfeeding.
- Continue to breastfeed me as much as possible.
- I will learn how to feed from a bottle for times you can't be with me. The nurses will show you how to feed me with a bottle.
- Feed me when I show signs that I am hungry, but don't wait more than 3-4 hours between feedings.
- If I am too sleepy to breast or bottle feed, you can give me a tube feeding.

Mom: Keep pumping after breastfeeding until I am taking all feedings from the breast.

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Step 3: Non-nutritive Breastfeeding

I'm ready for non-nutritive breastfeeding when:

1. I do well when you hold me skin-to-skin.
2. My heart rate and breathing are strong and regular.
3. I don't need the breathing machine anymore.

Mom: Please pump your breasts before a non-nutritive breastfeeding session. If I get too sleepy during a session, you can just hold me skin-to-skin. Non-nutritive sucking is great to do during tube feedings!

Remember to keep pumping 8-10 times per day.

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Step 6: Discharge Planning

Going home soon!

Nurse: Help my parents understand and practice my special feeding plan for home. Watch me and my mom breastfeed before I go home. Write down how well I did in my chart. Make sure my parents know who to call if they have questions or problems with breastfeeding after we go home.

Mom and Dad: We'll do great at home!

Mom: Keep pumping after breastfeeding until I am taking all feedings from the breast.

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