**Patient information**

**Breastfeeding checklist**

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| We would like you to make yourself familiar with this information during your stay.  |
|   | Received guidance | Signature |
| Skin contact |   |   |
| Early signs of sucking  |   |   |
| Evidence of correct sucking technique  |   |   |
| Breastfeeding within 6 hours of birth |   |   |
| Prevention of sore nipples |   |   |
| Different feeding positions: |   |   |
|                  Sitting |   |   |
|                  Lying down |   |   |
|                  Twin position |   |   |
| Expressing milk by hand |   |   |
| Cup-feeding |   |   |
| Meal frequency/self-regulating |   |   |
| Significance of night feeding |   |   |
| The disadvantages of using a dummy/pacifier/bottle teat  |   |   |
| Measures for engorged breasts  |   |   |
| The flower technique/ tulip technique  |   |   |
| Prevention and treatment of breast infection  |   |   |
| Signs that the baby is drinking milk  |   |   |
| Information about stimulation/pumping when the baby is in the Neonatal Intensive Ward  |   |   |
| We show the film ”Breast is best” in the parquet-room (7I) every afternoon, or in the "Pump room" (7G.) Contact a member of the staff and we will run it.  |   |   |
| You can find useful information about breastfeeding here: www.ammehjelpen.no |   |   |

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[www.sus.no/kvinneklinkken](http://www.sus.no/kvinneklinkken)