



- ☐ Intake Exam
- ☐ 20 Week Visit
- ☐ 35-36 Week Visit

Patient Name: \_\_\_\_\_

Provider Name: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## Checklist: Encouraging your patients to breastfeed (1-3 Minutes)

<input type="checkbox"/>	<b>1</b>	<b>Ask:</b>	<b><i>Have you thought about how you are going to feed your baby?</i></b>						
			<input type="checkbox"/> <b>Breastfeed only (no formula) ~ <i>That's great!</i></b>	<input type="checkbox"/> <b>Both breastfeed and formula or</b> <input type="checkbox"/> <b>Undecided</b>	<input type="checkbox"/> <b>Formula feed only</b>				
			↓	↓	↓				
<input type="checkbox"/>	<b>2</b>	<b>Advise:</b>	<b><i>As your doctor, I strongly advise you to breastfeed your baby. Breast milk is the <b>ONLY</b> food your baby needs for the first six months.</i></b>						
			<i>Personalize your advice.</i>						
			<table border="1" style="width: 100%; border-collapse: collapse;"><thead><tr><th style="width: 50%; text-align: left; padding: 5px;"><b>Why should you breastfeed?</b></th><th style="width: 50%; text-align: left; padding: 5px;"><b>Why is formula-feeding risky?</b></th></tr></thead><tbody><tr><td style="vertical-align: top; padding: 5px;">You will have:<ul style="list-style-type: none"><li>- better bonding with your baby</li><li>- lower risk of breast and ovarian cancer</li><li>- less bleeding after delivery</li><li>- lose pregnancy weight quickly</li><li>- lower risk of type II diabetes</li></ul></td><td style="vertical-align: top; padding: 5px;">Your baby has a higher risk of:<ul style="list-style-type: none"><li>- dying of SIDS (crib death)</li><li>- developing asthma or allergies</li><li>- being overweight or obese</li><li>- developing diabetes</li><li>- getting sick more often with ear infections, colds, pneumonia, diarrhea</li></ul></td></tr></tbody></table>			<b>Why should you breastfeed?</b>	<b>Why is formula-feeding risky?</b>	You will have: <ul style="list-style-type: none"><li>- better bonding with your baby</li><li>- lower risk of breast and ovarian cancer</li><li>- less bleeding after delivery</li><li>- lose pregnancy weight quickly</li><li>- lower risk of type II diabetes</li></ul>	Your baby has a higher risk of: <ul style="list-style-type: none"><li>- dying of SIDS (crib death)</li><li>- developing asthma or allergies</li><li>- being overweight or obese</li><li>- developing diabetes</li><li>- getting sick more often with ear infections, colds, pneumonia, diarrhea</li></ul>
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			For more information, see "Encouraging Your Patients to Breastfeed" (laminated sheet).						
			↓	↓	↓				
<input type="checkbox"/>	<b>3</b>	<b>Assist:</b>	<b><i>Most women can successfully breastfeed and I believe you can too.</i></b>						
			<b>Breastfeed only</b>  <i>Here is some information on breastfeeding to get you started and some resources for support.</i>  <input type="checkbox"/> Give appropriate materials  <input type="checkbox"/> Fax Breastfeeding Partnership Referral Form to WIC  <input type="checkbox"/> Faxed ____/____/____	<b>Both breastfeed and formula or Undecided</b>  <i>I'd like you to think about only breastfeeding your baby. Here is some information about why it is so important for both you and your baby.</i>  <input type="checkbox"/> Give appropriate materials  <input type="checkbox"/> Fax Breastfeeding Partnership Referral Form to WIC  <input type="checkbox"/> Faxed ____/____/____	<b>Formula feed only</b>  <i>I'd like you to think more about breastfeeding. Here is some information on how breastfeeding can help both you and your baby. There are also other resources to help you if you are interested.</i>  <input type="checkbox"/> Give appropriate materials  <input type="checkbox"/> Follow-up at next visit				

**Notes:**

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