

My Baby is getting enough milk by day 5 when baby:

- Has 5-6 wet and 3-4 dirty diapers a day.
- Has bright yellow and liquid dirty diapers.
- Nurses every 1 1/2 to 3 hours.
- Gulps & swallows for at least 10 minutes each time I nurse.
- Seems happy between feedings.
- Is gaining weight. (Check weight gain at WIC anytime!)

My Baby's Birth Plan:

Baby's doctor: _____

phone: _____

after hours: _____

WIC office phone: _____

Breastfeeding helper phone: _____

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.



My Birth Plan:

Due date: _____

Hospital: _____

phone: _____

Doctor: _____

phone: _____

after hours: _____

The hospital may not provide all of your choices, so before you deliver, try to discuss your birth plan with your doctor or midwife.

What I need to take to the hospital:

- | | |
|--|---|
| <input type="checkbox"/> Medical or Insurance Card | <input type="checkbox"/> Sleepwear |
| <input type="checkbox"/> Car seat | <input type="checkbox"/> Hair care items |
| <input type="checkbox"/> Camera or video | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Music | <input type="checkbox"/> Glasses or contacts and case |
| <input type="checkbox"/> Clothes for my baby and me | <input type="checkbox"/> Toothbrush and toothpaste |
| <input type="checkbox"/> Phone numbers of family and friends | |

Other: _____

What I need to have ready at home:

- Simple meals: frozen or precooked
- Healthy snacks: fruit, cheese, raw veggies, dry cereal, etc.
- Box of sanitary pads and breast pads
- Clean baby clothes, bedding, and diapers
- Names of people that can help with: meals, laundry, cleaning...

Names/phone numbers of breastfeeding helpers _____

What I would like during labor:

- | | |
|--|--|
| <input type="checkbox"/> Soft or dim lights | <input type="checkbox"/> Take pictures or a video |
| <input type="checkbox"/> Music | <input type="checkbox"/> Find best birthing position |
| <input type="checkbox"/> Natural childbirth | <input type="checkbox"/> Pain relief |
| <input type="checkbox"/> Have my partner with me | <input type="checkbox"/> Walk around |

Other: _____

What I would like after delivery:

- Have my partner cut the cord
- Put baby in my arms right away
- Clean and check baby while in my arms
- Hold baby on my chest skin to skin
- Nurse baby in the first hour
- Give me time alone with my partner and baby
- Keep baby with me all the time
- Do NOT give baby a bottle or pacifier unless ordered by baby's doctor
- Give baby my breastmilk or banked human milk only

Other: _____

Before I leave for home I want to:

- Latch baby without pain
- Try different breastfeeding positions
- Nurse often and know that my baby is nursing well
- Meet with a breastfeeding helper
- Know my baby's current weight
- Let WIC know I delivered

People to call if I need help once we get home:
