

Family Name \_\_\_\_\_ Visitor's Name: \_\_\_\_\_  
 Nombre de la Familia \_\_\_\_\_ Nombre de la Visitante \_\_\_\_\_  
 Home Visit # \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ Next Visit Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 # de Visita \_\_\_\_\_ Fecha: \_\_\_\_\_ Hora: \_\_\_\_\_ Fecha de la Proxima Visita: \_\_\_\_\_ Hora: \_\_\_\_\_

**Expected Home Visit Outcomes: Resultados esperados de Visita de Hogar :**

Mothers will be able to identify that breastfeeding is achievable and beneficial to both mother and infant, how to properly position the baby for breastfeeding, how to determine how to produce enough milk, and myths about breastfeeding.

Child Health And Developmental Services    Family and Community Partnerships

**Activities Examples:  
Ejemplos de Actividades:**

Discuss the benefits of breastfeeding.

Demonstrate how to appropriately position the baby.

How to know if you are making enough milk.

Learn some of the myths that keep mothers from breastfeeding, and some of the facts to encourage breastfeeding.

**Materials:  
Materiales:**

Congratulations on Breastfeeding Your Baby handout

Tearing Apart the Myths game

**Comments:  
Comentarios:**

Breast milk is made for human infants and is uniquely superior for infant feeding. Less incidence of illness and disease in infant. Easier to digest. Higher IQ. Convenience-always ready and always warm. Cost Savings. Special bonding. Moms already have all they need – nothing extra to buy. Possible decreased incidence of diabetes, asthma, obesity for child. Earlier return to pre-pregnancy weight for mom and decreased risk of ovarian and breast cancer.

Skin to skin contact after birth is important. Most babies have a wakeful time within 1 hour after birth, but may want to feed immediately. Mom and baby should be separated as little as possible. Hold baby at midline (chest to chest). Use pillow as needed for support. Nose to nipple: mouth just below nipple allows for baby's natural instinct to smell and root upward to grasp nipple. Touch baby's upper lip with nipple and when baby's mouth is open wide bring baby onto breast. Baby should have a mouthful of breast, not just the nipple. Baby's lips should be flanged, mother should be free from pain. You should be able to hear baby swallow during feeding.

Keeping Up Your Milk Supply. Feed Your Baby Often. The more you breastfeed your baby, the more milk you will make. Bring baby to the breast when you see early signs of hunger such as moving the mouth or sucking on a hand. Don't wait until baby is crying. Keep up your milk supply by feeding at least every 2-3 hours in the beginning. It is possible that a newborn infant may nurse more often. Feed baby often to keep your breasts from becoming too full. Feed baby often to help your baby grow. Try to offer both breasts to your baby at each feeding. Let your baby nurse as long as it wants. Baby may nurse for 15 to 20 minutes on each breast.

The previous portions of the visit deal with alcohol and tobacco in regards to breastfeeding. Follow up with family regarding alcohol use, or make a referral to the agency's smoking cessation program for tobacco. If the mother is using street/recreational drugs, remind them that they should not be breastfeeding.

**General Program Information: Información del Programa en general:**

**Comments about the Home Visit (activities, successes, interests, etc.): Comentas de la Visita en Casa (actividades, sucesos, intereses, etc.):** Give the parent a referral to WIC if not currently accessing WIC, or have them follow up with their WIC certifier is currently receiving WIC

**Parent's Signature: Firma del Padre:** \_\_\_\_\_

