**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)