

The first few weeks after an infant arrives can be a blur. Making a plan for how you will feed your baby, how others can support you, and who you can call when you need help can ease the transition that occurs the first few weeks after your baby arrives.

While everyone can benefit from having a feeding and support plan, this document may be particularly helpful for people who:

- Have had chest or breast surgery
- Are inducing lactation
- Are co-feeding with two or more people
- Expect a low milk supply for any reason
- Have a baby with sucking challenges (such as a preterm or tongue-tied baby)

## Using this document

This milk production plan is designed to be completed before your baby arrives; but you can fill it out at any time in the early days of infant feeding. You can complete it digitally and keep it on your device, or print it and place it somewhere visible (like your fridge).

On page two, **use the checkboxes to outline your ideal and back up feeding plans.**

- Consider the type of back up feeds and equipment you want to have ready before your baby arrives.
- Think about the kinds of support that have been most helpful for you in the past.

On page three, **consider the people who can support you.**

- There are places to put different names for different needs and it is okay to put the same name in multiple places.
- Use the text boxes to track feeding notes and any questions for your provider(s). If you print this page out, you can use sticky notes on these sections.
- Alternatively, some people prefer to track plans and questions in a notes app on their phone.

# Milk production plan

## Plan for feeding your baby

- ☐ Bodyfeeding on demand after pregnancy or lactation induction: I will bodyfeed when my baby looks or acts hungry (or at least every 3 hours).
- ☐ Co-feeding with one or more people, alternating who feeds on demand.
- ☐ Combination feeding: bodyfeeding and using a bottle, cup, or syringe to provide pumped milk or formula.
- ☐ Bodyfeeding with a supplemental feeding system while I induce lactation.
- ☐ I do not plan to bodyfeed but I want to pump to provide some human milk for my baby.

## Supporting your milk supply

- ☐ I will pump after every feed if baby does not actively latch, still seems hungry after a feed, or only fed for a short amount of time.
- ☐ I will alternate bodyfeeding with one or more people when our baby shows hunger cues. Lactating people will pump or hand express milk to stimulate supply if there is a break of more than 3 – 4 hours between feeding the baby.

People co-feeding: \_\_\_\_\_

- ☐ I will pump every 3 hours and provide this milk to my baby via a bottle, cup, or syringe.
- ☐ I will pump every 3 hours during the day but will sleep from \_\_\_\_ to \_\_\_\_ without pumping.
- ☐ I will pump \_\_\_\_ times per day / before work, after work, and before bed.
- ☐ I will use a supplemental feeding system to provide supplemental milk while feeding.
- ☐ Another plan: \_\_\_\_\_

## Supplemental Feeds

- ☐ Expressed milk from a parent or co-feeding person
- ☐ Donor milk
- ☐ Formula (human milk replacement)
  - ☐ Powdered\*
  - ☐ Liquid, concentrated\*
  - ☐ Liquid, premixed\*

Supplemental feeds will be provided by:

- ☐ Cup
- ☐ Syringe
- ☐ Bottle
- ☐ Supplemental feeding system

*\* Ensure you follow the directions on your chosen formula for safe preparation and mixing.*

For more information, see [Infant Formula: What You Need to Know](#), Perinatal Services BC, 2024

## Others can support our feeding journey by

- ☐ Feeding our baby while I pump milk.
- ☐ Helping me set up and use a supplemental feeding system.
- ☐ Being close when I am feeding my baby but only providing help if I ask.
- ☐ Keeping me company while I am pumping or feeding.
- ☐ Refilling my water and making sure I have easy to eat snacks throughout the day.
- ☐ Asking other people to leave if I need privacy.
- ☐ Encouraging me with kind words.
- ☐ Washing and storing feeding and pumping equipment.
- ☐ Mixing formula for the next feed.

## Building your support network

Make a list of who you can reach out to for different kinds of help.

- **Feeding support people:** May be a lactation consultant, peer support, midwife, public health nurse, or experienced friend or family member
- **Emotional support people:** Before your baby arrives, ask people you trust if you can reach out for support. If you know people who have young babies, check in to see if you can text them during the night. Having a plan makes it easier to reach out when you need support.
- **Healthcare support team:** Who to contact with medical questions (such as a nurse practitioner, doctor, midwife, community health nurse)

Someone I can contact with feeding questions: \_\_\_\_\_

Someone I can contact during the day: \_\_\_\_\_

Someone who I can contact at any time: \_\_\_\_\_

Someone who I can text in the middle of the night: \_\_\_\_\_

Primary care provider or team: \_\_\_\_\_

**If you or your baby need urgent medical care,  
go to your local emergency department or call 911.**



### Questions to ask my care team

*Consider questions you want to ask your care team.*

*If you printed this document, you might use a sticky note.*

### Keeping track of feeding needs

*Use this space to record the amount of milk or formula to provide for each feed, a feeding plan from your provider, baby's current weight, or other details you want to track.*

*If you printed this document, you might use a sticky note.*

# Supporting resources

## Choosing an infant feeding method

- [Ways to feed a baby](#), Trans Care BC, 2024
- [Deciding how to feed your baby](#), Trans Care BC, 2024

## Infant feeding methods

- [Bodyfeeding after chest surgery](#), Trans Care BC, 2024
- [Co-feeding](#), Trans Care BC, 2024

## Pumping and providing supplemental feeds

- [Supplemental feeding systems](#), Trans Care BC, 2024
- [Pumping and maintaining your milk production](#), Trans Care BC, 2024
- [Responsive bottle feeding](#), Trans Care BC, 2024
- [Feeding your baby formula: Before you start](#), HealthLink BC, 2024 \*
- [Feeding your baby formula: Safely making and storing formula](#), HealthLink BC, 2024 \*

## Infant behaviour

- [Normal Newborn Behaviour](#), Ontario Association of Midwives, 2015 \*
- [Baby feeding cues](#), Perinatal Services BC, 2025 \*

\* These resources are not monitored by Trans Care BC and may use gendered language.

Scan the QR code to  
explore Trans Care  
BC's infant feeding and  
pregnancy resources



This document is designed for informational purposes only and should not be taken as medical advice. Please discuss any ongoing questions or concerns with your health care team.

