

# SETTING YOUR BREASTFEEDING GOALS



Setting small goals and taking breastfeeding one day at a time can help make breastfeeding easier. Use this worksheet to jot down your short- and long-term goals for breastfeeding.

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My **long-term goal** is to breastfeed for \_\_\_\_\_ months and exclusively breastfeed for \_\_\_\_\_ months.

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## Write your short-term goals below.

Here are some examples:

- Before my baby arrives, I will take a breastfeeding class.
- In the hospital, I'll practice correct latching with my baby and will work with a breastfeeding expert if I need to.
- When we get home from the hospital, I will ask my partner, mom, or other loved one for help around the house so that I can focus on feeding my baby.

To make this happen I will:



What might get in the way of me reaching my short- and long-term goals?

*(This could include going back to work or not having support from friends or family.)*

These are my solutions for the challenges above:

## Use this checklist to stay on top of your breastfeeding goals.

### BEFORE YOUR BABY ARRIVES:

- Take a WIC breastfeeding class.
- Talk to your partner and family about breastfeeding.
- Get any supplies you may need for breastfeeding.
- Figure out who you can call when you face a challenge. A WIC breastfeeding peer counselor, WIC breastfeeding expert, a lactation consultant, or a family member can help.
- Create a birth plan that supports your desire to breastfeed.
- Talk to your employer about your plans to breastfeed and make a plan that will allow you to pump at work.
- Learn how to get a breast pump.
- Learn about hand expressing milk.

### AT THE HOSPITAL OR BIRTHING CENTER:

- Breastfeed your baby as soon as possible after delivery.
- Ask the staff for help breastfeeding, if you need it, to get off to a good start.

### FIRST DAYS AND WEEKS AT HOME:

- Relax! Find a place where you can breastfeed comfortably.
- Practice different positions for breastfeeding.
- Learn your baby's hunger and fullness cues.
- Reach out for help when you hit a bump in the road, like sore nipples, plugged ducts, milk supply concerns, and more. Your local WIC agency staff can help!
- Talk to a health care provider about when it's okay to offer your baby a pacifier.

### 1 MONTH TO 6 WEEKS IN:

- Celebrate your achievements! Look at how your baby has grown, thanks to your hard work.
- Start pumping and storing milk. This is good practice for returning to work, too.

### GOING BACK TO WORK:

- Continue talking with your employer about your needs and your schedule. You'll want to pump during the times when you would normally feed your baby at home.
- Talk to your child care provider, even if it's a family member, about how to feed your baby so that you can continue meeting your breastfeeding goals.
- Breastfeed your baby before you leave for work or at the child care drop-off location.
- If possible, stop by your baby's child care provider during one of your breaks to breastfeed.
- Make time for a feeding when you pick up your baby at the end of the day. It can be a nice time after being apart.

### 6 MONTHS AND BEYOND:

- Start introducing solid foods.
- Check in on how you're doing. Are you ready to make new long-term goals?

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For more resources visit:  
[www.WICBreastfeeding.fns.usda.gov](http://www.WICBreastfeeding.fns.usda.gov)

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