

Client name: _____
Date: _____

Breastfeeding Care Management Plan:

The midwife will check the below boxes to help 'customize' the best plan for you and your baby.

Issue/s (check all that apply):

- disorganized suck
- inability to latch
- insufficient milk supply
- nipple damage
- slow weight gain
- other - _____

- Get the best latch possible. See When Latching diagram and video clips at www.drjacknewman.com
- Attempt breastfeeding every _____ hours. Spend _____ minutes attempting to latch
- Supplement with breastmilk &/or formula (amount) _____ via
finger feed / cup / bottle (circle)
- Use Lactation Aid to supplement see
(<http://www.drjacknewman.com/pdfs/Lactation%20Aid-2008.pdf>)
- Write down when you feed, how you feed, and the baby's output
- Use breast compression **while baby is sucking without drinking** (see
<http://www.drjacknewman.com/pdfs/Breast%20compression-2008.pdf>)
- Switch Sides: When the baby no longer drinks even with compressions,
switch sides and repeat the process. Keep going back and forth as long as the baby gets
reasonable amounts of milk at the breast.

When a baby is getting milk, he will have an open mouth wide-->pause-->close-mouth-type of suck. He is not getting milk just because he has the breast in his mouth and is making sucking movements. When he is sucking and not getting milk his chin will move rapidly with no pausing in the rhythm—this means: I am trying to get the milk out but it is not coming.

You can see this “pause” on the videos at www.drjacknewman.com.

- Take herbs: Fenugreek (3 tabs 3 times a day) and Blessed Thistle (3 tabs 3 times a day) This equals 18 pills per day.
- Take domperidone as prescribed by your midwife
- Pump your breasts (preferably with double electric pump) for 15 minutes every 4 hours.
- Attempt to use nipple shield with latching (important to continue to try latching the baby for ___ minutes directly without shield because long-term use of nipple shield will decrease your milk supply)
- Call and book lactation appointment
- Page midwife if signs & symptoms of dehydration

SIGNS & SYMPTOMS OF DEHYDRATION

- Lethargy (baby will not respond to stimuli)
- Extremely dry mouth
- Sunken fontanel
- Little or no output – **especially urine**

- A midwife will see you again _____ (date).

Protocol to Increase Breastmilk Intake from Jack Newman available at:
<http://www.drjacknewman.com/pdfs/Protocol%20to%20Increase%20Breastmilk%20Intake--2008.pdf>