

UCSF Promotes Baby Friendly Practices!

Below are some key points we'd like to share with you. Please fill out the questionnaire below and use it to spark discussion with your provider!

1	Has any OB provider or staff member discussed breastfeeding with you? YES NO	Please ask us if you are interested!
2	Were you given materials about breastfeeding and reviewed with you? YES NO	Please ask us if you are interested! There is information in the blue folder given to you at your initial visit. You can take this sheet home with you also!
3	Can you name 2 or more benefits of breastfeeding? YES NO	For babies: fewer infections, and lowers risks of obesity, cancer, SIDS For mothers: lower risks for cancers, Type 2 diabetes, heart disease, fractures
4	Can you name 2 or more benefits of skin-to-skin with the baby? YES NO [The “Golden Hour” is the first hour after delivery]	Great for bonding, helps get breastfeeding off to good start (early latching and let-down of colostrum), keeps baby warm, calms baby and mom
5	Can you name 1 benefit of “rooming-in”? YES NO [“Rooming-in” means that unless there is a medical reason (either for you or Baby), your newborn will stay with you all the time!]	Learn feeding cues, helps with feeding “on demand”, how to care for baby, helps baby recognize Mom, babies cry less and are safer
6	Can you name 1 benefit of “cue-based” feeding? YES NO [“Cue-based” or “On-demand” feeding means that you don’t feed your baby on a rigid/timed schedule, but instead, you learn the signs of when your child is hungry, and feed them then – which may be more frequent or spaced than you originally thought!]	Helps baby feel settled and calm, reduces breastfeeding complications, improves milk supply, gives the baby the right amount to eat, babies often cry less
7	Can you name 1 benefit of proper positioning and attachment? YES NO	Helps baby get the right amount of milk, helps with milk supply, prevents nipple pain/damage because of a better latch
8	Can you name 1 risk of supplementation with formula? YES NO	Can make baby more susceptible to illnesses, less content with breastfeeding, reduces milk supply, overfeeding can occur, formula is not sterile and needs to be stored and prepared correctly

There are many reasons why it may be medically necessary to supplement breastfeeding with formula (e.g. infant weight concerns).
 If supplementation is required, we will support you with instructions for how to safely store/prepare formula, and clean equipment.

Thank you for taking the time to fill this out. We are here to support you!

~ Your UCSF OB Providers