

Preparation checklist for baby's arrival:



Ask about your lactation support.

- During your prenatal doctor visits, ask about lactation support available at their office, your birthing hospital or in the community.
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Find out which breast pump is covered by insurance.

- Breast pumps can be expensive, call your insurance company to find out which breast pump will be covered, and how you should go about to obtain it.
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Discuss feeding times with your partner and/or support system.

- Discuss the feeding schedule that works for you, who will be feeding the baby during the day versus nighttime. Defining your schedule will help manage stress as roles are established.

