



Broaching Breastfeeding with New Parents:

A BreastSide Manner® Cheatsheet



ENGAGE WITH EMPATHY
I'm here for you. Infant feeding can be a difficult or triggering topic. Broach discussions with a warm and open countenance early in the pregnancy, stressing that no question is silly.

TABLE ASSUMPTIONS
How are you planning to feed your baby? Approach every patient as if you genuinely don't have any sense of whether they will breastfeed or not. Ask the birthing parent about their infant feeding plans and be prepared to support them in whatever they decide (and if they change their mind later).

THE MORE THE MERRIER
Who else would you like to join us to talk about this? Family members and partners will play an important role in the success of the breastfeeding journey. Inviting them to be part of the conversation can be affirming and also can provide an opportunity to quell any concerns they may have about breastfeeding.

SHARED DECISION MAKING
We'll figure this out together!

1. Discuss infant feeding options
2. Allow time to process the options
3. After a bit of time and space, discuss the risks and benefits of options
4. Engage in rich dialogue to ensure all concerns are addressed
5. Support the patient in coming to the solution that best suits them

PLAN AND PREPARE
What can we do now to prepare for baby's arrival? Whether they plan to feed all human milk, some human milk, or none at all, there will likely be a steep learning curve. Encourage families to begin to learn and plan as early as possible.

ANSWERS AND RESOURCES
How can I help? Remain open to discussions on infant feeding throughout pregnancy. Provide a list of local and virtual resources to support families after baby arrives.