

Deciding how to feed your baby

Thinking about your feeding options is an important part of getting ready for your baby.

Your health care team will support you with up to date information about feeding your baby. It is your choice to decide what is best for you and your baby.

You may find it helpful to write down any questions that you might have. Explore these with your health care team at any time during your pregnancy. It is important to have all the information you need to make an informed decision on how to feed your baby.

Want to know more about feeding your baby?

Visit [Baby's Best Chance](#)



QUESTIONS TO CONSIDER:

What do you need to know about different infant feeding options?

Write down any questions about feeding your baby that you would like to discuss with your health care team.

What is important to you about feeding your baby? Discuss this with your health care team so they can understand how to best support you.

How do you feel about breastfeeding or chestfeeding? Only you know your own thoughts and feelings about breastfeeding or chestfeeding. This is an important part of making this decision.

What cultural or personal beliefs would you like to consider when deciding how to feed your baby? Is there anything you would like to share with your health care team so they can understand how to best support you?

If you have had a baby before, what was your feeding experience like?
Is there anything you would like to change this time?

Is there anything about home, work, school, or your community that could affect your feeding decision? Your health care team can help you create a supportive plan for feeding your baby. It may be helpful to look into your place of employment or school if they have an infant feeding policy, and establish how long you will be on leave for. Learn more about [creating a lactation-friendly space in your workplace](#).

Are there any health concerns that may affect your ability to breastfeed or chestfeed?

Discuss with your health care team if you have any health concerns that may affect breastfeeding or chestfeeding.

Cost can be a concern when deciding how to feed your baby.

Your health care team can connect you to resources you may need.

Do you know someone who can support you in your feeding goals and decisions (partner, family, roommate)?

It takes time, practice, and support to learn how to breastfeed or chestfeed and to feel confident feeding your baby. Think about people in your life who can help you.

Are you feeling pressured to feed your baby in a certain way? Do what is right for you and your baby. However you decide to feed your baby, your health care team can support you along the way.

How would you like to feed your baby? With information and support that meets their needs, most parents are able to meet their feeding goals. However you decide to feed your baby, your health care team can support you along the way.

How would you like to feed your baby when you are out in public? Breastfeeding and chestfeeding are a human right that is protected by the [BC Human Rights Code](#). Families can feed their babies anytime, anywhere.

For more information about feeding your baby, visit

www.perinatalservicesbc.ca/Documents/Resources/HealthPromotion/PregnancyPassport/PregnancyPassport.pdf

www.perinatalservicesbc.ca/Documents/Resources/Aboriginal/IndigenousPregnancyPassport.pdf