

My Breastfeeding Plan

A simple way to prepare for your feeding journey –
created by Boobingit and Ardo.

boobingit x  **ardo**
SWITZERLAND

1. My Feeding Goals

- I want to exclusively breastfeed
- I'm planning to express / use a breast pump
- I'm open to combination feeding
- I plan to breastfeed for: _____ months

2. At Birth

- I would like skin-to-skin contact immediately after birth
- I want to breastfeed in the first hour if possible
- I plan to bring colostrum I've harvested in pregnancy
- If baby needs help feeding, I'd prefer:
 - Cup feeding
 - Syringe feeding
 - Other: _____

3. Support I'd Like

- Key support person: _____
- I want help from:
 - Midwife
 - Lactation consultant
 - Partner
 - Peer supporter
- I'll use these resources:
 - Local group
 - NHS support
 - Boobingit.com
 - Other: _____

4. Pumping Plans (if needed)

- I plan to pump from: _____
- I've chosen this pump: _____
- I want to learn more about pumping at: Birth Postnatally

5. Shared Feeding Plans

- I'd like my partner to help with feeding my expressed milk
- I'd like family to help feeding my expressed milk
- I'm comfortable with someone else giving my expressed milk

6. After Discharge

- I've planned for feeding at home
- I know who to contact if I need help
- I've saved key numbers (e.g. midwife, IBCLC, helplines)

Notes

Helpful Tip from Ardo:

Choose a breast pump that suits your goals and lifestyle. A hospital-grade pump like the Ardo Carum can be especially helpful in the early days—and it's available to rent for flexible, at-home support. As your journey evolves, explore our full range; from traditional pumps to fully wearable, hands-free options, and everything in between.

