

## MODULE 7: Handout

Ms. Gordon's Plan as of 00/00/00



<p>Prefers to get information through talking about it</p>	<p><b>Plans for Sleeping</b></p> <ul style="list-style-type: none"> <li>• On her back</li> <li>• Separate sleep space with nothing else in it</li> <li>• Next to my bed unless she is fussy, then in my bed</li> <li>• Feed baby in bed at night and prepare for it</li> </ul>	<p><b>Plans for Feeding</b></p> <ul style="list-style-type: none"> <li>• Breastfeeding? Need to know more</li> </ul>
<p>What do we need to know—more information?</p>	<ul style="list-style-type: none"> <li>• How to make adult bed less risky if I fall asleep</li> <li>• What are my leave options from work?</li> </ul>	<ul style="list-style-type: none"> <li>• What is involved with breastfeeding?</li> <li>• How can I breastfeed and go back to work (info about pumping and about how my work responds or has to help me) including how it works with child care</li> <li>• Do I know anyone who has breastfed?</li> </ul>
<p>What do we need?</p>	<ul style="list-style-type: none"> <li>• Crib</li> </ul>	<ul style="list-style-type: none"> <li>• Anything special for breastfeeding?</li> </ul>
<p>What do we need to do to prepare?</p>	<ul style="list-style-type: none"> <li>• Get a crib</li> <li>• Talk to my work about leave options</li> <li>• Figure out how to make our bed less risky</li> <li>• Have a way to make sure I get some sleep</li> <li>• Have Bob and my mother get information about safe sleep and hear their questions or concerns</li> </ul>	<ul style="list-style-type: none"> <li>• Have Bob learn more about breastfeeding and address his concerns and have him learn how he can support it</li> <li>• Meet with breastfeeding support person/group</li> <li>• Start finding out what childcare settings I might use that support breastfeeding mothers</li> </ul>
<p>What help do we have?</p>	<ul style="list-style-type: none"> <li>• My mother and sisters will help with meals, housework, and maybe giving me a chance to sleep during the day or evening after work</li> <li>• Church has groups that help new moms</li> <li>• Bob is great</li> </ul>	
<p>What other support do we need—where will we get it?</p>	<ul style="list-style-type: none"> <li>• Place to get crib—Phone number, other info</li> </ul>	<ul style="list-style-type: none"> <li>• Breastfeeding support person—Contact info, other information about costs, whether insurance covers it, etc.</li> <li>• Breastfeeding peer support group—contact info</li> </ul>
<p>Bumps in the road and who to call</p>	<ul style="list-style-type: none"> <li>• Plan with mom and sisters for a schedule of who I can call day or night</li> <li>• Pediatrician, if baby is distressed</li> <li>• Bob</li> </ul>	<ul style="list-style-type: none"> <li>• Breastfeeding support person and/or support group—who can I call when</li> <li>• Have scheduled times as well to touch base with them</li> </ul>

This handout has been developed as a component of the Building on Campaigns with Conversations: An Individualized Approach to Helping Families Embrace Safe Sleep & Breastfeeding online curriculum. To view the entire curriculum, please visit: <https://www.ncemch.org/learning/building>.

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