



NERVOUS ABOUT BREASTFEEDING YOUR BABY?
TAKE OUR...

Prenatal Breastfeeding Assessment



If this is your first time attempting to provide your own milk for your baby, you may be feeling nervous about trusting that your body will provide enough. The same may be true if you have attempted to breastfeed a previous child, but didn't meet your goal. Consider taking this prenatal assessment and reviewing the results with your healthcare provider or setting up a prenatal consultation with a skilled lactation support professional.

- Have you experienced any breast changes during this pregnancy? Ideally you will have noticed that your breasts have gotten heavier, fuller, or more sensitive. You may also have noticed that your areola has become larger and darker. These are all a good sign that your the change in hormones that go along with pregnancy are laying the foundation for a successful lactation experience. Yes / No
- Are your breasts similar in size and not widely spaced? Typically we see breasts that are pretty symmetrical and not more than two fingers width apart. Yes / No
- Do you have flat or inverted nipples? Yes / No
- Do you have a history of PCOS, thyroid dysfunction, insulin resistance, or infertility? The presence of these underlying health conditions could negatively impact a person's ability to lactate. The sooner your healthcare provider knows about these conditions, the sooner you can work on a solution. Yes / No
- Do you have any known pregnancy complications such as Gestational Diabetes, Lupus, Pregnancy Induced Hypertension, or a prior history of preterm labor? Yes / No
- Have you previously attempted to lactate, but did not meet your goal? Yes / No
- Are you expecting a NICU stay? Yes / No

Send this assessment back to The Nest and one of our lactation professionals will email you with the results! info@thenestlakeland.com