

BREASTFEEDING HISTORY GUIDE

PRENATAL KNOWLEDGE ASSESSMENT QUESTIONS

Assessment Category	Questions	Purpose
Knowledge about Breastfeeding	<ul style="list-style-type: none">▪ What have you heard about breastfeeding?▪ What has your healthcare provider told you about breastfeeding?▪ Tell me about any classes or information you have read about feeding your baby.▪ What have you learned about how to get breastfeeding off to a great start?▪ What more do you want to know about breastfeeding?	Identify what the mother already knows and her level of preparation
Intention to Breastfeed	<ul style="list-style-type: none">▪ What are your mom/partner/friends telling you about how to feed your baby?▪ Tell me about others you have seen breastfeed before. What did you think about what you saw?▪ What has your healthcare provider mentioned about your health concerns and breastfeeding?▪ What are you looking forward to most about being a mom?▪ What are some of your goals for your baby?▪ What thoughts do you have about breastfeeding?	Identify sources of influence in the mother's infant feeding decisions
Prior Breastfeeding Experience	<ul style="list-style-type: none">▪ Tell me more about your experiences breastfeeding. How did it go?▪ Why did you decide to breastfeed before?▪ What did you like best? What was challenging?▪ What would you need to be successful breastfeeding this baby?	Understand how prior experiences have shaped the mother's intentions to breastfeed

PRENATAL SOCIAL SUPPORT ASSESSMENT QUESTIONS

Assessment Category	Questions	Purpose
Social Supports	<p>Family Support:</p> <ul style="list-style-type: none"> What have your family members told you about breastfeeding? Who will be supporting you with your new baby? Tell me about others you know who have breastfed that you can turn to for support. Who do you think you will turn to most for advice on caring for your baby? What do your family members tell you about breastfeeding? How important is their support to you? <p>Community Support:</p> <ul style="list-style-type: none"> Where do you get your greatest support in the community? How much support do you get from social media groups? Tell me about any plans to return to work or school. What kind of support will you have for breastfeeding at work or school? What do you know about your breastfeeding rights when you return to work/school? 	<p>Identify access to support when needed</p> <p>Understanding the influence of family members and level of support mom will receive and might need</p> <p>Identifying sources of support in the community</p>

PRENATAL HEALTH ASSESSMENT QUESTIONS

Assessing Health Changes	Questions	Purpose
Health Concerns	<ul style="list-style-type: none"> What does your healthcare provider say about breastfeeding? Tell me about any health concerns you might have. What does your healthcare provider say about your medication(s) and breastfeeding? Have you experienced any surgeries or procedures (such as a biopsy) on your breast? What concerns do you have about your breasts? What has your healthcare provider told you about your ability to breastfeed? 	Assess for factors that can compromise or delay milk production or otherwise affect the mother's ability to successfully breastfeed
Lack of Breast Changes	<ul style="list-style-type: none"> Tell me how your breasts feel. What concerns do you have about your breasts? How does your bra fit now that you are pregnant? Tell me more about how breastfeeding went with your last baby (if applicable). What medical conditions do you have? What does your healthcare provider say about your medication(s) and breastfeeding? Tell me about any prior breast surgeries or procedures you might have experienced. What do you know about how your breast works to make milk? 	Assess perceived lack of changes vs. true concerns
Hormonal Changes	<ul style="list-style-type: none"> What concerns do you have about your medical condition? What has your healthcare provider told you about your medical condition? What does your healthcare provider say about your medication(s) and breastfeeding? What do you know about how your breast works to make milk? 	Assess mother's knowledge about the impact of her condition on breastfeeding and strategies already in place

Assessing Health Changes	Questions	Purpose
Breast Surgeries	<ul style="list-style-type: none"> ▪ What concerns do you have about your breasts? ▪ What did the surgeon tell you about your ability to breastfeed? ▪ Tell me about any changes such as breast growth that you have noticed during your pregnancy. ▪ What are your goals for breastfeeding? ▪ What do you know about ways to tell the baby is getting enough milk? ▪ What do you know about alternative ways to supplement the baby at your breast? 	Potential impact of the surgery and mother's willingness to consider other alternatives for enjoying the breastfeeding experience
Medical Conditions	<ul style="list-style-type: none"> ▪ What concerns do you have about your medical condition and breastfeeding? ▪ What has your healthcare provider told you about breastfeeding with your condition? ▪ What do you believe will be the greatest challenges of breastfeeding with this condition? ▪ Tell me what you know about how to be sure your baby is getting enough? 	Mother's perceived barriers to breastfeeding and knowledge of adequate milk production

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Previous Experience with Breastfeeding

- How many children she breastfed
- How long she breastfed
- Any problems faced and if/how they were resolved
- Any medical problems of mother (e.g., insufficient milk, unresolved inverted nipples)
- Any medical problems with previous children (e.g., tongue restriction)
- If supplementation was begun, when and for what reason(s)
- When and why she discontinued breastfeeding

Breastfeeding History for This Baby

- How mom feels breastfeeding is going
- Any problems faced
- Early hospital experience such as:
 - Labor/birth
 - First hour with the baby
 - Skin to skin
 - Rooming in
 - Pacifiers avoided
- Use of infant formula
 - When
 - How much
 - When does baby receive the supplements
 - How are the supplements given
- Any nipple or breast pain
- Feeding patterns
- Use of breastfeeding aids

Maternal Health Conditions

- Prenatal breast changes
- Prior breast surgeries or trauma
- Any physical breast or nipple anomalies
- Medical conditions, including hormonal
- Medications or herbal remedies

Infant Health Conditions

- Prematurity or early term delivery
- Medical conditions (e.g., jaundice, neurological problems, GERD)
- Fussiness or crying
- Inadequate weight gain