

A Checklist to Help You Decide What Matters Most to You

In the early days	
For me:	For my baby:
<ul style="list-style-type: none"> <input type="checkbox"/> Breastfeeding helps my uterus return to normal size faster and reduces post-birth bleeding. <input type="checkbox"/> It releases oxytocin and prolactin, helping me feel emotionally connected and calm. <input type="checkbox"/> It may reduce the risk of postpartum depression and anxiety. <input type="checkbox"/> I can begin bonding deeply with my baby through skin-to-skin contact and early feeds. <input type="checkbox"/> It helps me build confidence and trust in my ability to nurture and care for my baby. 	<ul style="list-style-type: none"> <input type="checkbox"/> Breastfeeding is what babies expect – it helps them feel safe and secure. <input type="checkbox"/> Colostrum (early milk) acts like a first immunization, helping protect from infection. <input type="checkbox"/> It supports brain development and emotional regulation. <input type="checkbox"/> It helps build my baby's gut health and microbiome from the start. <input type="checkbox"/> It lowers the risk of SIDS (Sudden Infant Death Syndrome).

First Mom's Blueprint



In the first weeks after birth

For me:

- ☐ Breastfeeding saves me time — no bottles to prep or sterilize.
- ☐ It's free — a major saving for my family.
- ☐ I can lose weight naturally while still enjoying more daily calories.
- ☐ It relieves pain and supports healing — even after a Cesarean.
- ☐ I don't need to worry about running out of formula or having to pack extras.
- ☐ Breastfeeding can provide natural contraception through LAM (with guidance).

For my baby:

- ☐ My baby receives antibodies to fight off infections, diarrhea, allergies, and illness.
- ☐ Breast milk is easier to digest than formula.
- ☐ It provides just the right mix of fat, protein, water, sugar, and minerals.
- ☐ It reduces the risk of severe health issues — especially for premature babies.
- ☐ Rooming-in and feeding on demand helps my baby gain weight and cry less.

As our bond grows

For me:

- ☐ I feel proud, confident, and empowered by my ability to nourish my baby.
- ☐ I experience greater emotional harmony and lower stress.
- ☐ My nurturing instincts are heightened — I feel more attuned to my baby.
- ☐ I enjoy deeper rest when rooming in, and feel less emotionally overwhelmed.

For my baby:

- ☐ Breastfeeding helps regulate my baby's stress, breathing, temperature, and heartbeat.
- ☐ My baby's immune system develops faster and more effectively.
- ☐ It supports my baby's gut and helps heal from any birth interventions.
- ☐ My baby is less likely to have dental caries, allergies, or obesity later in life.
- ☐ It comforts and soothes my baby during pain or discomfort.

First Mom's Blueprint



☐ Breastfeeding supports long-term health — reducing my risk of some cancers and bone loss.

☐ I am choosing a natural, environmentally friendly way to feed.

☐ It builds lifelong emotional resilience, body confidence, and brain wiring for trust.

In the long term: For our family and community:

☐ Breastfeeding promotes positive mental health for me and my baby.

☐ It creates beautiful memories and a lifelong bond.

☐ It models natural caregiving and calm attachment for siblings.

☐ It reduces waste, environmental impact, and family health expenses.

☐ Workplaces that support breastfeeding benefit from happier, more loyal staff.

My Top 3 Reasons to Breastfeed:

Take a moment to reflect on the boxes you've ticked. Each one is a reminder that breastfeeding is more than just food — it's connection, comfort, and lifelong health.

1.

2.

3.