

Breast Feeding Checklist

TASKS

1. Make sure you have your ITEMS.
2. Write down START TIME & SIDE.
3. Start ItzBeen Timer & switch side marker.
4. Breastfeed until time to change sides.
5. Burp
6. Write down START TIME & SIDE.
7. Breastfeed new side.
8. Write down FINISH TIME.
9. Burp
10. If pumping, do # 7 – 8.
11. Now go sleep, eat, shower, etc.

ITEMS

ItzBeen Timer

Lanolin

iPhone

Water

Snacks

Burp Cloth

Blanket

Pillows (back, donut, BreastFriend)