Deciding How to Feed Your Baby



There are many different ways to feed your baby, but there is no one right way. Feeding decisions are personal and can be influenced by many factors, including your pathway to parenthood, health history, beliefs, values, goals, support systems, and culture, to name just a few.

This document was designed to help you make a thoughtful and informed decision about how to feed your baby. After working through these questions, we hope you have a better idea of what is important to you when discussing infant feeding with your care team and support people.

To find out more about different infant feeding options, see the resource <u>Ways to Feed a Baby</u> on the Trans Care BC website.

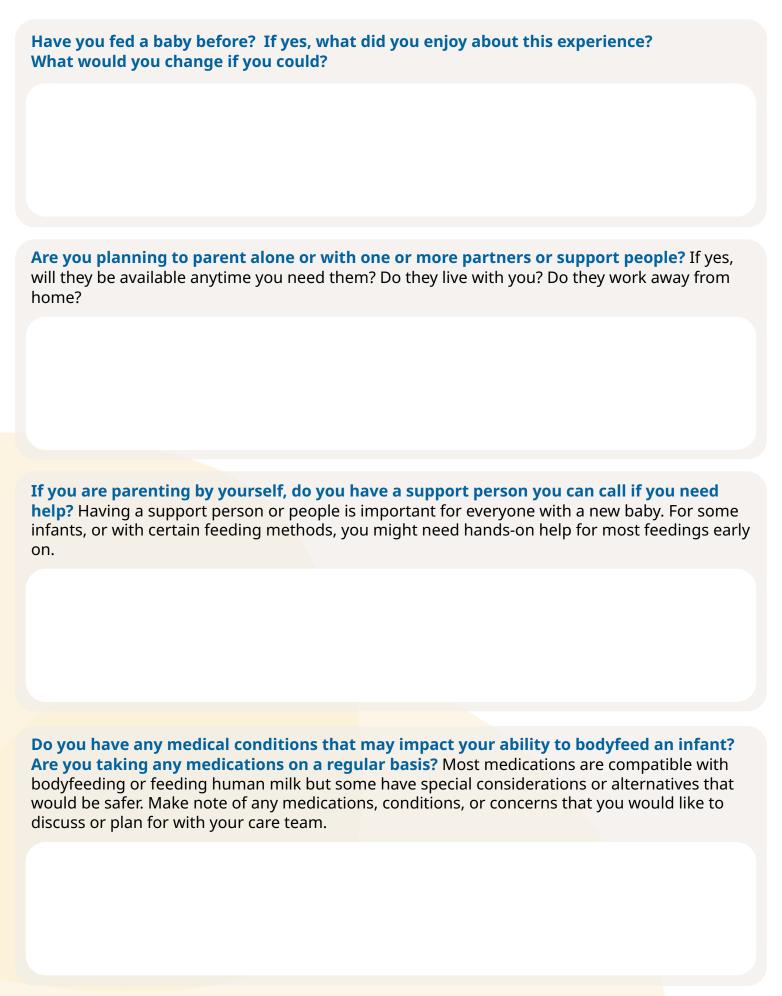
lave you thought about how you are joing to feed your baby?	Do you have any questions about feeding your baby?

How is your baby arriving? How much time do you have before they arrive? Options for infant feeding are different if your baby is arriving after pregnancy, surrogacy, or adoption. If you are planning to induce lactation, this process can start months before your baby arrives.

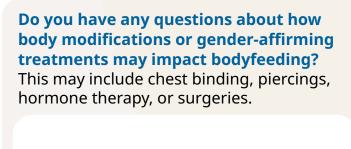
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What excites you about feeding your baby?

What worries you about feeding your baby?

Is cost a concern when thinking about how to feed your baby? Every feeding method will have a direct or indirect financial impact. For example, taking time off work to bodyfeed, buying medications and renting a pump to induce lactation, or buying formula or donor milk.

If bodyfeeding required a significant time and energy commitment, would it be worth it to you? Why or why not?

Most people can provide some amount of human milk for their infants. For some, this might involve using a supplemental feeding system, providing extra milk or formula after every bodyfeed, or pumping after feedings. These steps will require extra time and energy and may or may not be worth it for you.

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When you think about feeding your baby in public, are you concerned about your comfort or safety? These concerns may shift based on where you are and who you are with. For some, a desire for privacy will influence their feeding choices.

How would you like to feed your baby? In an ideal world, how would you feed your baby? Who would help you? What do you need to achieve this goal?

Inspiration for this document was taken from <u>Deciding How to Feed Your Baby</u> (Alberta Health Services, 2018).

A similar resource is available from **Perinatal Services BC.**

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For more information, visit **transcarebc.ca**



This document is designed for informational purposes only and should not be taken as medical advice. Please discuss any ongoing questions or concerns with your health care team.

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