

We're Prepared!

Helping families get off to a great start! Use this tool to build support, learn what to expect, and share your wishes with your care team.

My Name _____ **Due Date** _____

<p style="text-align: center;">Build My Team</p> <p style="font-size: small;">Discuss this sheet with each person and mark the checkbox</p>	My Champion(s): _____	DISCUSSED <input type="checkbox"/>	POSTPARTUM APPOINTMENTS	
	My Hospital: _____	<input type="checkbox"/>		
	My Doctor/Midwife: _____	<input type="checkbox"/>		DATE _____
	My Baby's Doctor: _____	<input type="checkbox"/>		DATE _____
	My WIC: <input type="checkbox"/> N/A _____	<input type="checkbox"/>		DATE _____
	My Home Visitor: <input type="checkbox"/> N/A _____	<input type="checkbox"/>		DATE _____
	Other: _____	<input type="checkbox"/>	DATE _____	

REFERENCE	PRACTICES	MY HOSPITAL	I'M PREPARED & WANT	I RECEIVED
Get Ready	Let Labor Begin On Its Own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Comfort During Labor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fall In Love	Skin To Skin Right After Birth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Magical First Hour Without Interruptions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Help With Baby's First Feed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Delayed Routine Procedures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep Baby Close	Keep My Baby In The Room With Me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Continued Skin to Skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	My Quiet Hours: FROM _____ : _____ AM TO _____ : _____ AM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learn My Baby	Feed My Baby on Cue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Comforting My Baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nourish	Help Learning How to Breastfeed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Help Learning How to Hand Express Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protect Breastfeeding	No Pacifiers or Bottles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No Formula (Unless Medically Necessary)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MOTHERS: Consider sharing this with your care team, including WIC.

Baby's Name: _____
 Birthdate: ____ / ____ / ____ Gestational Age: _____
 Birth Weight: _____ Length: _____ Head Circ. _____
 Discharge Date: ____ / ____ / ____ Weight: _____

At Discharge Baby Has Been: Breastfed Formula Fed Combination
 Notes: _____
 Mom's Postpartum HCT/HG: _____ Weight: _____

Stay Connected with Local Resources

Flint 310 Connect

Flint 310 Connect is brought to you by the Michigan Breastfeeding Network (MIBFN) and is supported by a grant from the Flint Child and Health Development Fund of the Foundation for Flint.



Breastfeeding Benefits for Baby

Breastfeeding protects babies from SIDS, pneumonia, ear infections, gastroenteritis, obesity and asthma.

Breastfeeding Benefits for Mom

Breastfeeding reduces incidence of breast cancer, ovarian cancer and heart disease for mothers.

Michigan WIC

WIC provides nutritional services, breastfeeding support and supplemental food for pregnant women, new mothers, infants and children. Families of four can qualify with incomes of about \$45K. Contact your local agency at:

Burton: (810) 237-4537

G-3373 S. Saginaw Street, Burton, MI 48529

Holly: (877)-526-2438

Karl Richter Center, 300 East St., Holly, MI 48442

Hurley Children's Center: (810) 262-9773

300 East 1st St., Flint, MI 48502

There are other WIC agencies to choose from:

Call 1-800-BIRTH-26 or visit www.michigan.gov/wic.

Children's Special Healthcare Services 1-800-359-3722

CSHCS pays for medical treatment for over 2,700 chronic and severe physically handicapping conditions in children and some adults. CSHCS helps families with care coordination, finding resources and other needs beyond medical care.

Community Resources

Genesee County Health Department: www.gchd.us

Flint: 630 S. Saginaw Street, Suite 4, Flint, MI 48502, (810) 257-3612

Burton: G-3373 S. Saginaw Street, Burton, MI 48529, (810) 237-4537

Genesee County Breastfeeding Coalition: www.gcfbngcoalition.weebly.com

Beautiful Breastfeeding Sisters (BBS) Support Group: (810) 213-0090

or mybbs215@gmail.com

Greater Flint Health Coalition: www.gfhc.org

MSU Extension: www.msue.anr.msu.edu/county/info/genesee

Genesee County Great Start Collaborative: www.geneseeisd.org

La Leche League of Grand Blanc: (810) 836-5649

Meets at 10:30 a.m. on 3rd Thursday of every month at Holy Spirit Lutheran Church, 7235 Fenton Road, Grand Blanc, MI 48439. Contact leaders for more info.

Flint Feeding Facts

- **Breast milk is the best first food for babies in Flint.**
- **Breast milk is the only food your baby needs for the first 6 months.**
- **Continued breastfeeding is recommended through the first year of life and beyond.**
- **Breastfeeding is safe to do unless mother's blood lead levels are extremely high (40 mg/dl and greater).**
- All breastfeeding mothers and infants should have a lead test as soon as possible after birth.
- Make sure you follow-up with your primary care provider, your WIC agency or the health department for lead exposure testing.
- Breastfeeding is easier when you have support from your providers and your community. See listing below of community agencies ready to help.

Home Visiting Services

Home visiting agencies provide one on one services to mothers in the community, in their home or in other settings. The Maternal Infant Health Program (MIHP) provides in-home visits to all pregnant women and infants on Medicaid. Other agencies serve first-time mothers. Still others provide guidance and assistance during crisis.

Hurley Medical Center MIHP: (810) 262-4770

1 Hurley Plaza, Flint, MI 48503

Reverence Home Health & Hospice, Genesys Health System MIHP:

1-800-922-5220

5445 Ali Drive, Grand Blanc, MI 48439

Nurse Family Partnership: (810) 262-6239

1 Hurley Plaza, Flint, MI 48503

Flint Head Start: (810) 760-1841

3002 Farley Street, Flint, MI 48507

MSU Extension: (810) 244-8500

605 N. Saginaw St., Suite 1-A, Flint, MI 48502

FREE MOBILE APP!

Learn more about these best practices and get prepared for a great start by downloading our free Mobile App. Just use the QR code!



- Captivating photos of each practice from perspective of mother, baby and champion
- Database of hundreds of local breastfeeding support organizations and programs



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Scan the QR code or search "Collective" in your app store to learn more about these best practices and to get a great start!