My name is ____________________________

Help me stay warm by:

• Keeping my hat on at all times
• Holding me skin-to-skin OR
• Swaddling me in several dry blankets
• Check my temperature before each feed

My feeding plan:

☐ Breastfeed me every 2-3 hrs for ______ min on each breast. I need at least 8-10 feedings in 24 hours!
☐ My mom pumps after I eat.
   Pump both breasts at the same time for ______ min
☐ Also give me breast milk and /or ______ mL every ____ hours
   By: □ tube at breast □ tube with finger □ ______________
☐ No pacifiers please!
☐ My mother prefers to Bottle feed me ______________
   Feed me ______ mL every ____ hours

Completed by: ______________________ Date ________

Other:

☐ My mother prefers to Bottle feed me ______________
   Feed me ______ mL every ____ hours

Completed by: ______________________ Date ________