

SAFE SLEEP AND FEEDING PLAN

**EVERY
BABY
TO** **1**

Creating a plan for feeding and infant sleep can help to ease the strain of caring for a newborn. Here is an example of a sleep and feeding plan. If you have any questions or concerns please speak with your baby's medical provider. You can also call us at EB1 for help, we have Maternal Community Health Workers and Baby Ambassadors available to help you navigate the first year of parenthood

My family supports my decision for _____

I will go to _____ for help with _____

When I need help I will _____

Question	Feeding Answer	Sleeping Answer
How I like to receive information for...		
I know how my baby will...		
I need these items for...		
What I need help with for...		
What I need to know for...		