

Advocacy Letter for Healthcare Situations. Customize by changing information [in square brackets] and adding appropriate details. Remember to delete instructions (including this header).

Name

Contact Information

Date

Attention: [Healthcare professional/dept/office]

I am writing to express my concern regarding a recent experience at **[your facility/with your organization]**. I expect to receive a response within a reasonable amount of time that includes a plan of action regarding this incident in order to prevent similar occurrences in the future.

- ***Describe what happened***

(For example: On April 7, 2014, I was scheduled for a CT scan with contrast. The physician immediately notified me that I needed to stop breastfeeding. In the days leading up to the procedure, I felt powerless and conflicted as the professionals at the clinic dismissed my desire to continue breastfeeding. As a new mother, I felt confused and fearful for the health of my baby...etc.]

I expect all healthcare professionals to follow current best practices. There are a wide range of professional, research-based documents that provide evidence to support breastfeeding, even while the mother is experiencing most procedures or taking medications. In other cases, when breastfeeding must be temporarily interrupted, current best practice indicates the healthcare providers should facilitate pumping to maintain milk supply. It is clear, however, that these best practices were not followed in my situation. The following professional documents outline current best practices:

Registered Nurses' Association of Ontario: [Breastfeeding Best Practice Guidelines](#)

MotherRisk (Sick Kids Hospital in Toronto): [Breastfeeding & Drugs](#)

I strongly believe all infants deserve the chance to develop and feed normally, and any practice that threatens breastfeeding impacts their well-being. Please support infants and families by taking a firm position for breastfeeding promotion. I look forward to receiving a detailed response outlining how your practice will change to prevent similar situations in the future.

Sincerely,

[Breastfeeding mother]

CC: Include the names of the people or organization that you believe should know about your letter and be sure to send them a copy.