To my parents _________________________________

STEP 1: Skin-To-Skin (S2S) Time
• Please hold me S2S every day
• I will stay warm against your skin
• Hold me close so I can smell, feel, and hear you
• Daily S2S time will help you make milk for me
• Record the time I spend S2S on the log sheets
• If you notice that I am trying to suck or look for your breast, I may be ready for Step 2!
• Date of first S2S time: _______
• Date of Lactation consultation for Step 1: _______

   Hey mom, thank you for pumping for me!
   Your milk is my most important medicine!

From _________________________________

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