To my parents __________________________

STEP 2: Going to the Breast
• Please hold me S2S every day as I learn to breastfeed
• Now I am ready for you to hold me at your breast
• Support my neck and back—that will help me eat better
• Pump before we practice, so I won’t get too much milk
• If I am too sleepy, just hold me S2S. If I wake up, put me to your breast
• Tell my nurse about your milk supply daily
• Date of Lactation consultation for Step 2: ______

Hey mom, thank you for pumping for me!
Your milk is so good for me!

From __________________________

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