To my parents ____________________

Step 3: Learning To Breastfeed

- Please hold me S2S every day
- I am ready to breastfeed now!
- A breast shield will help me get more milk; my nurse will fit you and show you how to use it
- I will start with one breast per feeding; at the next feeding use the other breast so we get practice on both sides
- If I get too much milk I may need to take a break
- Let me feed until I get tired, about 10-15 minutes
- As I get stronger I will be able to drink more milk
- Update my nurse every day on your milk supply
- Date of Lactation consultation for Step 3: _________

Hey mom, thanks for pumping for me!

From ____________________

To my parents ____________________

Step 3: Learning To Breastfeed

- Please hold me S2S every day
- I am ready to breastfeed now!
- A breast shield will help me get more milk; my nurse will fit you and show you how to use it
- I will start with one breast per feeding; at the next feeding use the other breast so we get practice on both sides
- If I get too much milk I may need to take a break
- Let me feed until I get tired, about 10-15 minutes
- As I get stronger I will be able to drink more milk
- Update my nurse every day on your milk supply
- Date of Lactation consultation for Step 3: _________

Hey mom, thanks for pumping for me!

From ____________________

To my parents ____________________

Step 3: Learning To Breastfeed

- Please hold me S2S every day
- I am ready to breastfeed now!
- A breast shield will help me get more milk; my nurse will fit you and show you how to use it
- I will start with one breast per feeding; at the next feeding use the other breast so we get practice on both sides
- If I get too much milk I may need to take a break
- Let me feed until I get tired, about 10-15 minutes
- As I get stronger I will be able to drink more milk
- Update my nurse every day on your milk supply
- Date of Lactation consultation for Step 3: _________

Hey mom, thanks for pumping for me!

From ____________________