To my parents _____________________

Step 4: Breastfeeding, Learning To Bottle

- Please keep holding me S2S every day!
- I take the most milk at the breast in the first 15 minutes
- Weigh me before and after breastfeeding to see how much I’ve taken
- Soon you will be able to judge my feeding by how I suck and how your breasts feel after I am finished
- Keep breastfeeding me 1-2 times a day
- Bottle-feeding is a little different for me. I may need a special bottle at first. Don’t buy any bottles yet
- As I get stronger I will take more bottles each day
- Tell my nurse daily about your milk supply
- Date of Lactation consultation for Step 4: ________
  Hey mom, thanks for pumping for me!
  Breastfeeding is easier for me when you have more milk!

From _________________________

To my parents _____________________

Step 4: Breastfeeding, Learning To Bottle

- Please keep holding me S2S every day!
- I take the most milk at the breast in the first 15 minutes
- Weigh me before and after breastfeeding to see how much I’ve taken
- Soon you will be able to judge my feeding by how I suck and how your breasts feel after I am finished
- Keep breastfeeding me 1-2 times a day
- Bottle-feeding is a little different for me. I may need a special bottle at first. Don’t buy any bottles yet
- As I get stronger I will take more bottles each day
- Tell my nurse daily about your milk supply
- Date of Lactation consultation for Step 4: ________
  Hey mom, thanks for pumping for me!
  Breastfeeding is easier for me when you have more milk!

From _________________________
To my parents __________________________

Step 4: Breastfeeding, Learning To Bottle

- Please keep holding me S2S every day!
- I take the most milk at the breast in the first 15 minutes
- Weigh me before and after breastfeeding to see how much I’ve taken
- Soon you will be able to judge my feeding by how I suck and how your breasts feel after I am finished
- Keep breastfeeding me 1-2 times a day
- Bottle-feeding is a little different for me. I may need a special bottle at first. Don’t buy any bottles yet
- As I get stronger I will take more bottles each day
- Tell my nurse daily about your milk supply
- Date of Lactation consultation for Step 4: ________

Hey mom, thanks for pumping for me!
Breastfeeding is easier for me when you have more milk!

From __________________________