To my parents ____________________

Step 5: Getting Ready To Go Home

• Please keep holding me S2S every day!
• Now I should be able to take all my feeds by mouth in 30 minutes
• Breastfeed me 1-3 times a day so I can keep practicing
• Ask my nurse or the feeding team to help you decide how much milk I am drinking at your breast
• Once I am home, I may need to continue bottle-feeding a few weeks before I am able to breastfeed all the time
• This is the type of bottle I will go home on: ___________
• Update my nurse every day on your milk supply
• Date of Lactation consultation for Step 5: ____________

Hey mom, thank you for pumping for me!
I cannot wait to be home with my family!

From __________________________

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