My Thoughts About Breastfeeding

Use this handout to write down your thoughts about breastfeeding during the session today. You can use it as a guide to help you make the decision about how you want to feed your baby.

**WHAT I HAVE HEARD ABOUT BREASTFEEDING**

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**QUESTIONS I HAVE ABOUT BREASTFEEDING**

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**THESE ARE SOME BENEFITS OF BREASTFEEDING THAT I LIKE**

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**WAYS I CAN FIND OUT MORE ABOUT BREASTFEEDING**

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**THESE ARE SOME CONCERNS I HAVE ABOUT BREASTFEEDING**

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**THESE ARE SOME WAYS I CAN EAT SMART AND MOVE MORE**

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