

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

QUESTIONS I HAVE ABOUT BREASTFEEDING

WAYS I CAN FIND OUT MORE ABOUT BREASTFEEDING

THESE ARE SOME BENEFITS OF BREASTFEEDING THAT I LIKE

THESE ARE SOME CONCERNS I HAVE ABOUT BREASTFEEDING

THESE ARE SOME WAYS I CAN EAT SMART AND MOVE MORE

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