

Prenatal Breastfeeding Education Checklist:

What do I need to learn before birth?

Part II

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| ☐ nursing in public | ☐ nursing and feeding solids |
| ☐ building support | ☐ setting your feeding goals |
| ☐ alcohol | ☐ dealing with a nursing strike |
| ☐ caffeine | ☐ postpartum nutrition (mom) |
| ☐ teething | ☐ maternal health protections |
| ☐ nighttime nursing | ☐ infant health protections |
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- ☐ LAM: breastfeeding as birth control
 - ☐ baby wearing
 - ☐ partner's role
 - ☐ infant microbiome
 - ☐ hand expression
 - ☐ taking meds

I need more info about.....

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

