

### **My "Triple Feed" Breastfeeding Plan:**

- Very soon I will be totally breastfed!
- I need a little extra milk because \_\_\_\_\_
- Please keep me skin-to-skin a lot
- Always breastfeed me first so I help bring the milk in
- Please give me \_\_\_\_\_ml of milk with a tube at mom's breast every 3 hours
- Always use mom's milk first before you use formula
- Please latch me on right so I don't hurt mom's nipples
- Mom should pump for 15-20 minutes after she feeds me

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