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

me

me