



connecting
pregnancy

Connecting Session 6

Feeding your baby

Today's Discussion

Breastfeeding advantages
Breastfeeding alternatives
Breast pumps and accessories

Baby's Best Chance

Breastfeeding

pp 98-108

Homework

Talk with your support people how they can support your breastfeeding your baby.

Notes:

**Connecting Pregnancy
Thinking about Breastfeeding**

	Yes	No
I have breastfed a baby		
I know women who have breastfed		
My partner/family wants me to breastfeed		

Circle the reasons you may chose to breastfeed:

Healthier baby

Increased intelligence in baby

Happier baby

More convenient

Easier night feeds

My family thinks i should

Closer bond with baby

Saves money

Weight loss

Other: _____

Circle the reasons it would be hard for you to breastfeed:

Returning to work/school

I don't eat well

Family doesn't want me to

Concern about pain

Likely can't make enough milk

Embarrassed exposing my breasts regularly

Smoking/drinking

The thought of how my breasts will sag after

I take medication

Other: _____