

# 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

#### THESE ARE SOME BENEFITS OF BREASTFEEDING THAT I LIKE

WAYS I CAN FIND OUT MORE

**ABOUT BREASTFEEDING** 

#### THESE ARE SOME CONCERNS I HAVE ABOUT BREASTFEEDING

### THESE ARE SOME WAYS I CAN EAT SMART AND MOVE MORE











Families Eating Smart and Moving More was developed through a collaboration between NC Cooperative Extension, EFNEP and North Carolina Division of Public Health, Nutrition Services branch and Community and Clinical Connections for Health and Prevention branch. The Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute for Food and Agriculture (USDA/NIFA). USDA is an equal opportunity provider and employer.