



## 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

---

---

---

---

### WAYS I CAN FIND OUT MORE ABOUT BREASTFEEDING

---

---

---

---

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

---

---

---

---

### THESE ARE SOME CONCERNS I HAVE ABOUT BREASTFEEDING

---

---

---

---

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

---

---

---



NC STATE UNIVERSITY



