

**Need
more
arms?**



**Mothers have no more than two.
Others have arms for helping you.**

Tips:

- ★ **Your job is to feed your baby**
- ★ **Ask for help with cooking, washing
and cleaning**
- ★ **Use a baby sling or nursing pillow**

**Need
more
sleep?**



**Sleep is a dream. Will it come true?
More sleep comes by month two.**

Tips:

- ★ **Sleep when baby sleeps, put crib beside you**
- ★ **Nurse lying down**
- ★ **Between feedings, rest while someone else cares for baby**

**Need
more
time?**



**Less time for you.
Precious time for two.**

Tips:

- ★ **Nursing saves time!**
Your milk is always ready
- ★ **No bottles to wash or prepare**
- ★ **Keep nursing and cherish this time**

Mom's Wish List

**Using formula won't give you more arms,
more sleep or more time!**



**Mother's milk, a gift of love
that lasts a lifetime!**

Layout: Print on legal paper. Mount pieces on poster board. Decorate as desired.

Mom's Wish List

Need More
Arms?

Need More
Sleep?

Need
More
Time?

Using formula won't give you.....

Mother's Milk....