

Common Topics



What other questions or concerns do you have about breastfeeding that you would like to add to this list?

“I don’t think I am making enough milk”

What are some reasons why someone would think that they might not have enough breast milk?



Idea Cards

With the person next to you:

- * Share what you have heard about what is on the following card.
- * How might it cause a mom to think she does not have enough milk?



“All my baby wants to do is eat”

With the person next to you discuss how you feel about **how often** and **how long** your baby is breastfeeding.



“Cluster feedings”
are common and
very normal!

The length of feedings and the time between feedings vary from baby to baby, and the pattern may change from day to day!



“My baby wakes up so much at night”



**Want to help me dream more and sleep safely?
Breastfeed me and put me to
sleep on my back!**

“Why does my baby cry so much?”



There are **MANY** reasons babies cry.

What are some reasons your baby cries?

Babies actually have ways other than crying to tell us what they need.

They use their bodies and noises—we call these “cues.”



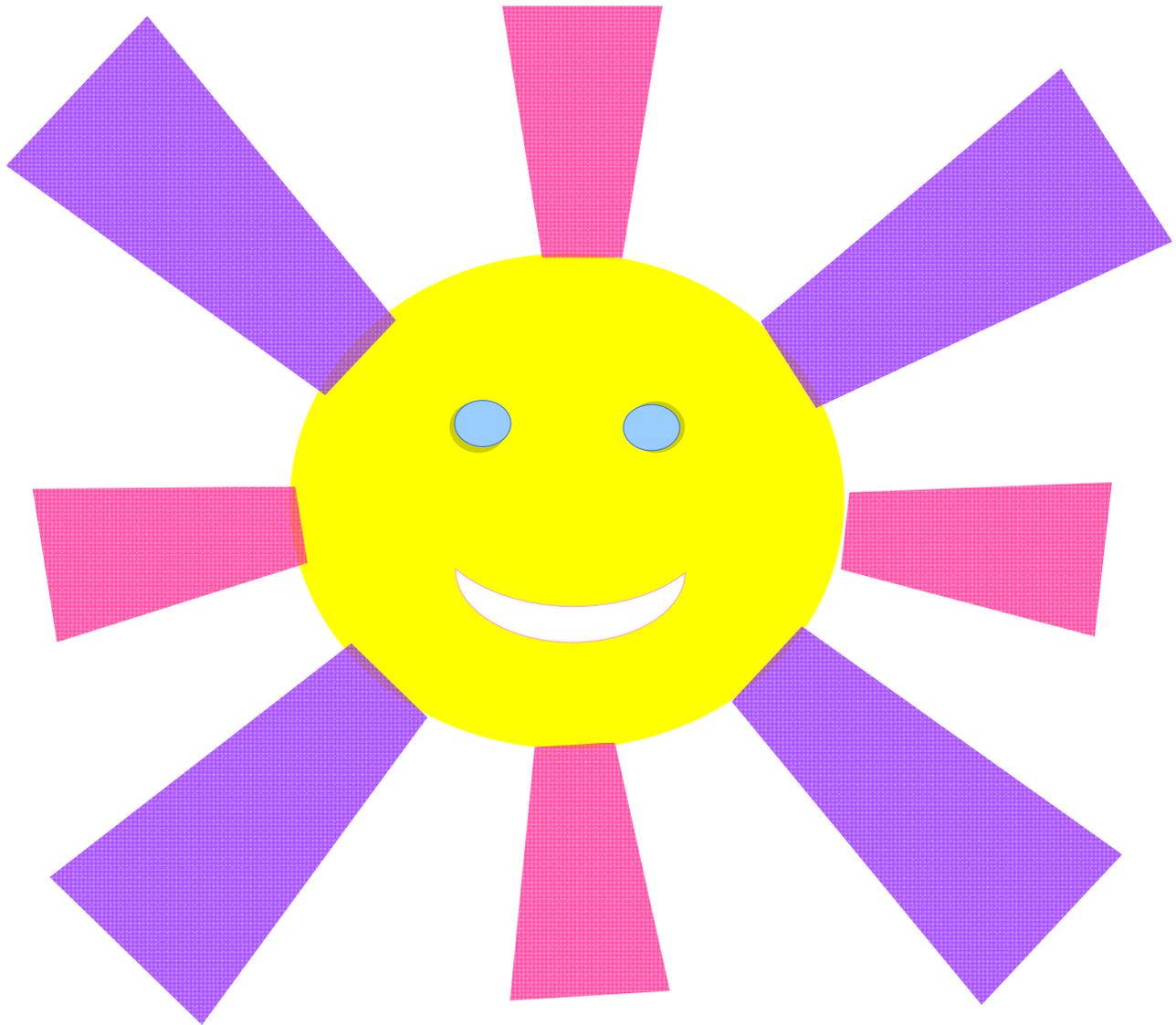
“I want to be near you”



“I need a break”



Thank You!



What is one thing you learned today that you will go home and share with a friend or family member?