



A Message to You

My Breastfeeding Story

Every breastfeeding journey is unique.
This is a chance to share your story and
leave a special message for your child.

Different
journeys.
Same love.



What it was like for me

What was breastfeeding you like for me?
You might want to share how it felt, what I enjoyed,
what was challenging, or what surprised me.

What I loved

What did I love most about breastfeeding you?

What I learned

What did I learn about myself, about you,
or about our family during this time?

What I want you to know

What do I want you to know about what it was like
to breastfeed you?

My hopes for you

What are my hopes for you as you grow?



A final message

Anything else you would like to say to your child?



Love today.
Stronger tomorrows. 

A Gift for You and Me!

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You are
amazing
just as
you are. 