

Human Milk Feeding Goals

My goal is to continue to feed my baby human milk for _____ months/years.

The steps I will take to reach my goals:

Examples:

- Before my baby is born, I will take a breastfeeding class.
- After my baby is born, I will reach out for breastfeeding support if it's needed.
- I will ask my partner or other loved one for help around the house so that I can focus on feeding my baby.
- I will remember to take care of my rest, hydration, and nutrition needs.

Potential challenges to reach my goals:

Examples:

- Returning to work and not having routine breaks to pump.
- Feeling overwhelmed with work and pumping.

Some solutions to my challenges:

Examples:

- Contacting a lactation consultant when I have questions or concerns.
- Attending a support group to talk with other new parents.
- Visiting MaineBreastfeeds.org for resources and information.

Congratulations on setting a goal! This can be motivating and powerful.

Print and hang this sheet where you'll see it often or take a screenshot and save it on your phone.

My affirmation is: [Examples](#)