

BREASTFEEDING TIMELINE

Size of Baby's Stomach

Ever worry you are not producing enough milk? Remember, a baby's stomach is not the same as an adult's!



1-2 days
Cherry (.2-.4 Oz)



3-4 days
Walnut (1-2 Oz)



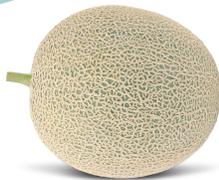
5-7 days
Apricot (2-3 Oz)



2-3 weeks
Kiwi (3-4 Oz)



6 months - 1 year
Grapefruit (6 Oz - 2 cups)



Adult
Cantaloupe (4 cups)

Before Baby:

- Breastfeeding Preparedness

Week 1:

- The First Week Of Breastfeeding Is The Hardest
- Establishing Breastfeeding Success During the "4th" Trimester

Month 1:

- Sleeping Habits and Breastfeeding
- What You're Eating While Breastfeeding Matters

Months 2-5:

- Back to Work Breastfeeding Plan
- Breastfeeding Is a Public Right
- Breastfeeding Changes for Baby and Mama
- Benefits of Breastfeeding At Four Months

Months 6-12:

- Preparing For Teething while Breastfeeding
- Solid Foods
- Distraction, Teething, and Moving Around
- Exploring, Eating and Breastfeeding
- Breastfeeding at One Year

After Year 1:

- Growth Spurts and Breastfeeding
- Breastmilk Changes During The Second Year

Our Mission:

To increase the instance of breastfeeding nationally by providing the best equipment and supplies for ALL moms, creating a community that provides support and education, and settling for nothing less than exceptional customer service.