When you check into the hospital, be sure to have this card with you, along with other important paperwork and any materials from your Peer Counselor.

I request that these guidelines be supported as long as it is medically safe for me and my baby:

1. Discharge bag
   - Breastfeeding assistance
   - Exclusive breastfeeding
   - Baby's Name

Please DON'T give my baby:

- Bottles
- Pacifiers
- Glucose Water
- Formula
- Water

I'm breastfeeding!

If I am unable to answer questions about my feeding plan, please speak with my birthing partner.