



## BREASTFEEDING CONTEMPLATION

*by Heather Sargent, ICCE, Oregon Coordinator*

Books I have read about breastfeeding:

Breastfeeding classes I will take (or have taken):

I feel comfortable talking about breastfeeding with:

This is how my partner and family feel about breastfeeding:

I want to breastfeed because...

I have these concerns about breastfeeding:

Interview a family that breastfed successfully and ask these questions about their experience:

- Why did you choose to breastfeed?
- How long did you breastfeed?
- Why did you wean? How did you go about doing so?
- If you did not breastfeed as long as you wanted to, what would have helped you continue breastfeeding?
- How did you know you were breastfeeding the “right” way?
- What advice do you have about breastfeeding?

*Special Handout Section - These two handouts were submitted by coordinators. Free free to photocopy them for class.*



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