



CHARTING THE FUTURE™

The Lactation Center of Lancaster County

Revised 2020

Everything I Need

By Kerry Vincent

Everything I needed to know I learned from a breastfeeding mother:

Let love be your guide. Snuggle tummy-to-tummy.

When you're tired, rest.

Eat right and get plenty of fluids.

Ask for help.

Get someone else to do the housework.

Relax and replenish yourself.

Enjoy your family.

Slow down.

Every day it gets a little easier.

Be proud of your ability to nurture

Understand the balance of supply and demand.

Be pampered.

Give hugs; accept hugs.

If you're not sure what to do, ask.

There's always room for someone new to love.

Take care of yourself and those closest to you.

Love and be loved.