

# Lactation Plan

I want to feed my baby...

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## Lactation consultants

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

List three lactation consultants you can see prenatally & during your first week postpartum

## Support groups

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

List 3 lactation support groups you can attend postpartum

## Lactation help lines

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List three lactation helplines you can call if needed. Note test these numbers before your baby is born

## Dump Zone

Write your lactation questions here:

[illegible]