



kellymom.com Breastfeeding Handouts

Please fill out and mail the order form below with payment.

Handouts are available only in sets (\$2.50 each; the cost of each set depends upon the number of handouts).

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Once payment is received, you will receive your handouts as email attachments at the email address that you specify.

S01 Set#1: NEWBORN ISSUES/ EARLY MONTHS (\$27.50)	
___ 001	Benefits of Breastfeeding
___ 002	Hospital Crib Card - Breastfed Baby (2 per page)
___ 003	Breastfeeding Log - Week 1
___ 004	Breastfeeding Log - Weeks 2 to 6
___ 005	Nursing your newborn — what to expect in the early weeks
___ 006	Hunger Cues - When do I feed baby?
___ 007	Is baby getting enough? - Quick Reference Cards (2/page)
___ 008	Cluster Feeding and Fussy Evenings
___ 009	What should I know about giving baby a pacifier?
___ 010	How can I use breastfeeding to prevent pregnancy?
___ 041	Maximizing sleep for your family

S03 Set#3: NUTRITION FOR MOM & BABY (\$25.00)	
___ 020	Why Delay Solids?
___ 021	Why Delay Solids? Five-Second Fact Cards
___ 022	Will giving formula/solids at night help baby sleep better?
___ 023	Myths about Starting Solids
___ 024	Myths about Starting Solids: Five-Second Fact Cards
___ 025	Is my baby ready for solids?
___ 034	How does a mother's diet affect her milk?
___ 035	Do breastfeeding mothers need extra calories or fluids?
___ 036	Vitamins & other supplements for breastfeeding mothers
___ 037	Vegetarian Diets and Breastfeeding

S02 Set#2: BREASTFEEDING CONCERNS (\$30.00)	
___ 011	Treatment Tips: Engorgement
___ 012	Treatment Tips: Plugged Duct or Mastitis
___ 013	Plugged Ducts & Mastitis (information/phone triage sheet)
___ 014	Treatment Tips: Nipple Cracks or Abrasions
___ 015	Weaning from supplements (with one week log)
___ 016	Weaning from supplements – weekly log (no instructions)
___ 030	Radiocontrast media and breastfeeding
___ 031	I have thrush. Can I give baby my expressed milk?
___ 032	Food sensitivities in breastfed babies
___ 033	Dairy sensitivities in breastfed babies
___ 038	Hidden Dairy "Cheat Sheet"
___ 040	Spitting up & reflux in the breastfed baby

S04 Set#4: EXPRESSING & EXTENDED NURSING (\$ 22.50)	
___ 017	Human Milk Storage – Quick Reference Cards (2/page)
___ 018	Human Milk Storage (Premature/Hospitalized Infants) – Quick Reference Cards (2 per page)
___ 019	Quick Reference Card Set: <i>Is baby getting enough?</i> & <i>Human Milk Storage Quick Reference Card</i>
___ 042	Establishing & maintaining supply—baby not breastfeeding
___ 026	Handling criticism about breastfeeding
___ 027	Nursing Manners
___ 028	Extended Breastfeeding Myths
___ 029	Extended Breastfeeding Fact Sheet
___ 039	Breastfeeding a toddler: What to expect

___	Set #1 x \$27.50 each =	\$ _____
___	Set #2 x \$30.00 each =	\$ _____
___	Set #3 x \$25.00 each =	\$ _____
___	Set #4 x \$22.50 each =	\$ _____
___	Complete set (42 handouts) x \$105.00 =	\$ _____
	TOTAL AMOUNT ENCLOSED	\$ _____

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Questions?

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