

Infant Nutrition Goals

We decided to put together a worksheet to help you think through your infant feeding decisions.

What are your newborn and infant feeding goals?

What are your goals for breastfeeding?

If using a breastpump, what breast pump would you like to use (many are covered by insurance!)

If using infant formula, what infant formula would you like to use?

How will you collaborate with your partner on feeding your infant?

What concerns do you have? Let's get them out there!

What questions do you have?

Remember that each feeding type includes getting to spend time and bond with your baby. Also, there is insurmountable evidence that your baby will turn out happy and healthy no matter whatever option you choose!