

Sample Schedule

6:00 a.m. Breastfeed (put baby back to bed while you get ready)
7:30 a.m. Breastfeed at caregiver's
10:30 a.m. Break - pump
11:00 a.m. Caregiver gives baby bottle of breastmilk
2:00 p.m. Break - pump
2:00 p.m. Caregiver gives baby bottle of breastmilk
5:00 p.m. Breastfeed at caregiver's
7:00 p.m. Breastfeed
9:00 p.m. Breastfeed
11:00 p.m. Breastfeed

(breastfeed during night if needed)

**This schedule allows you to eat lunch with friends or run errands.
You know your schedule best. Make a plan that works for you!**



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**FOR HELP CALL:
1-888-942-3663**

Developed by the Breastfeeding Publication Committee

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