



## My Breastfeeding Experience

Hospital \_\_\_\_\_

My baby's birth date \_\_\_\_\_

*I am very PLEASSED with my breastfeeding experience at your hospital.*

\_\_\_\_\_ My baby was placed "skin to skin" with me immediately after birth and remained there until the first breastfeeding.

\_\_\_\_\_ My baby stayed in my room with me day and night so I was able to learn my baby's feeding cues.

\_\_\_\_\_ My baby was exclusively breastfed and not given any formula, pacifiers or bottles with nipples.

\_\_\_\_\_ Nursing staff offered support and assistance so I learned how to breastfeed my baby.

\_\_\_\_\_ I was shown how to express my breastmilk.

\_\_\_\_\_ I was given information regarding how to get help with breastfeeding when I left the hospital.

\_\_\_\_\_ **OTHER:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*I am telling all my friends and family what a great experience I had and recommending your hospital as a place with knowledgeable and caring staff where they will receive exceptional care.*

**THANK YOU FOR PROVIDING SUCH GREAT CARE!**

\_\_\_\_\_ Please contact me. Name \_\_\_\_\_

Phone/Email \_\_\_\_\_

\_\_\_\_\_ For informational purposes