

LETTER TO MY FUTURE SELF

Dear _____,
insert your name

Date

Breastfeeding is an amazing experience. It makes you feel _____

insert why you think you will like breastfeeding

But right now, instead of feeling like a rock star, you might be feeling frustrated—like this phase will never end. You won't feel this way forever! Eventually the round-the-clock feedings, sleepless nights, and hard work will be worth it.

And _____ will thank you because _____
insert your baby's name

insert how you think your baby feels about breastfeeding

Remember: You've got this! You're a _____ mom.
insert adjectives that describe yourself

And you chose to breastfeed because _____

insert reasons you decided to breastfeed

Breastfeeding is a journey. There are ups and downs, but it is a really special time. Just keep taking it day by day, week by week. And don't forget to set small goals for yourself. It'll help you keep track of all your accomplishments and give you a confidence boost.

If you need help and support, reach out to _____ . They've
insert the family, friends, and WIC breastfeeding staff in your support system
promised to help you _____

insert how they plan to support your breastfeeding journey

You can also reach out to WIC. They've got experts who can provide tips, advice, and other resources to make your breastfeeding journey a little easier.

Believe in yourself!
Love,
Me

