

# My Feeding Care Map



Pumping

Colostrum  
Feeding

Kangaroo  
Care

First Tastes  
of Milk

Practice  
Feeding By  
Mouth

Feeding  
Without  
Feeding Tube

Birth

31 Weeks

33 Weeks

35 Weeks +

I plan to feed at the breast:

☐ Yes ☐ No

