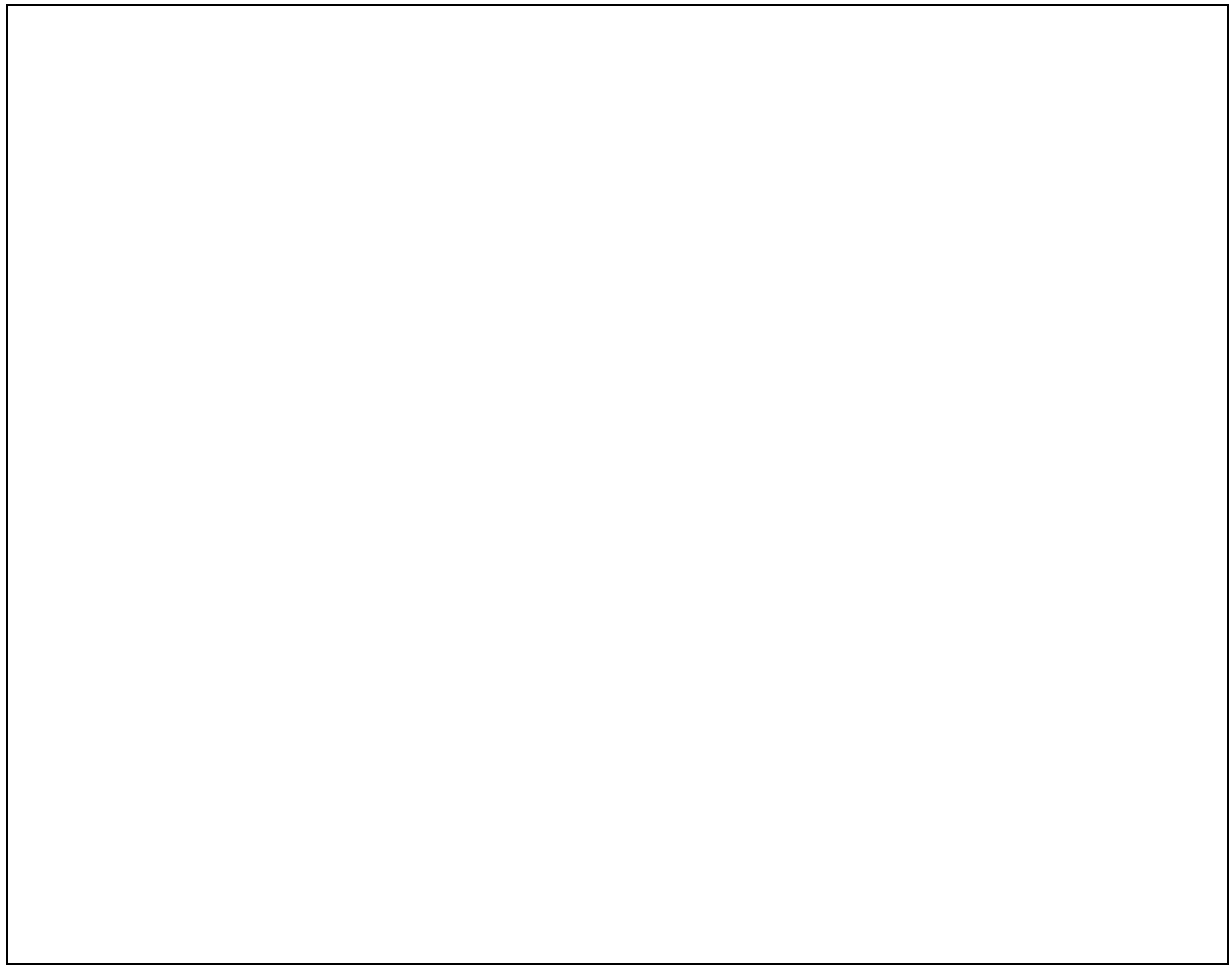


# *Booby Baggage-let's let that go now.*

*What I remember about breastfeeding my previous child(ren):*

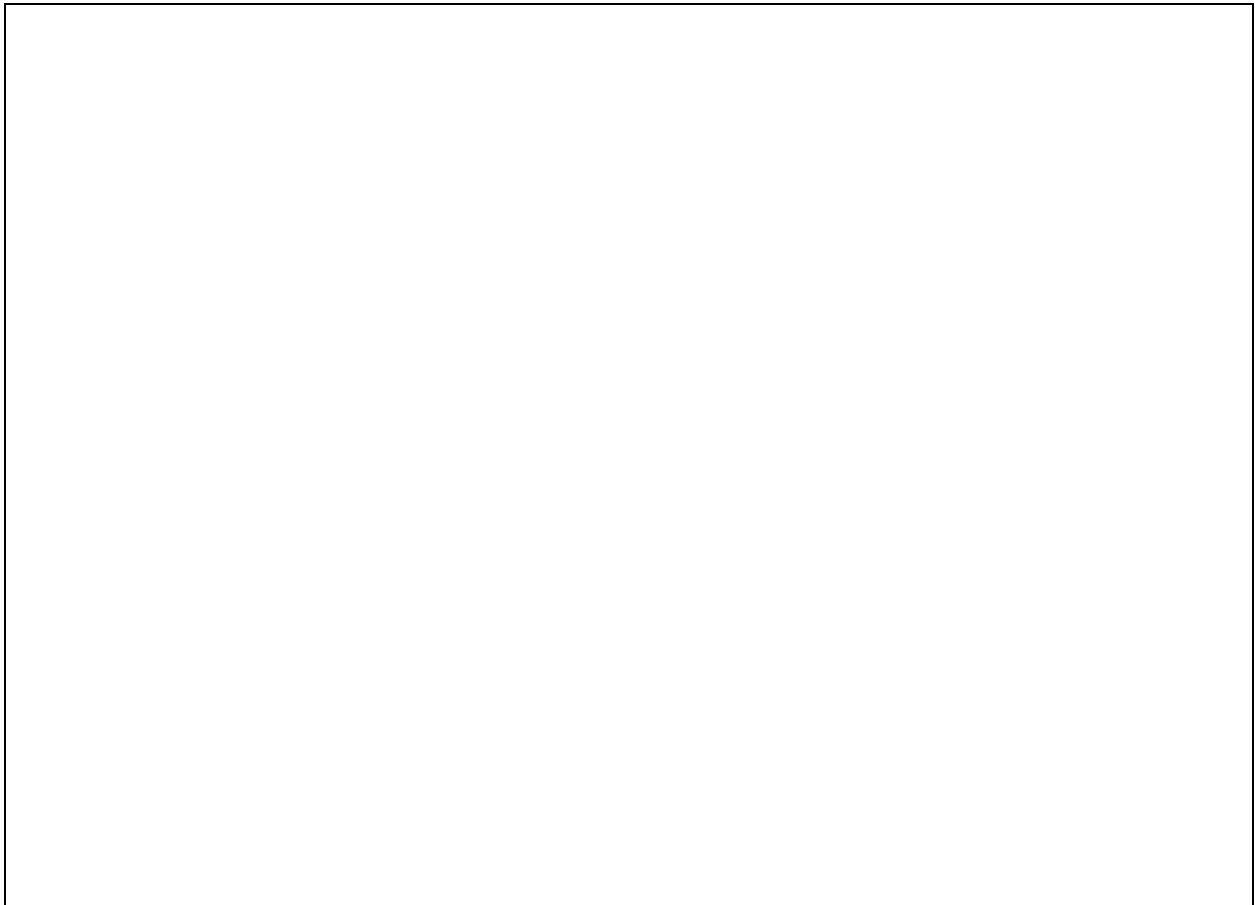
Some common hot spots you may wish to explore: weight loss in the early weeks; the feeling of uncertainty in the early weeks/months; pain at any stage, especially if it was dismissed; concerns about too much or too little milk; sleep deprivation and exhaustion; mental health concerns, such as diagnosed or undiagnosed Postpartum Depression or Anxiety; how and when breastfeeding ended.



Review your journaling notes, star those that still feel pretty upsetting.

Ask yourself these questions:

*Which of these worries will be eliminated simply because I have done this before?*



For example, maybe you wrote, “I didn’t know what it would feel like to have my milk come in.” Or, “I didn’t let anyone else help me.”

As a second time mom, list what you know now that you didn’t know then that will certainly make this time around a bit easier.

*What am I dreading will happen again this time that happened last time?*

*My plan to offset the fears and worries I have from last time:*

