

Breastfeeding Challenge

Give yourself a point for each thing you have experienced

- 1) Leaked through a shirt
- 2) Accidentally flashed someone
- 3) Nursed in public
- 4) Used breastmilk to fix something
- 5) Forgot to clip bra/top after feeding
- 6) Misplaced a nursing pad and found it somewhere weird
- 7) Had a toddler pull your boob out to nurse
- 8) Used Google to try to fix a clogged duct
- 9) Nursed to buy yourself time to do something (watch TV, eat, etc)
- 10) Squirted your child in the face with milk
- 11) Spilled a bottle of pumped milk
- 12) Cried because of something related to breastfeeding
- 13) Nursed while going to the bathroom
- 14) Dropped food on a nursing child and ate it
- 15) Pumped or nursed while in a moving vehicle



10-15 points:
Breastfeeding Pro

5-9 points: Breastfeeding
Boss

1-4 points: Breastfeeding
Newbie (But we know you'll
get there!)