



Dear

*My pregnancy is one of the most important times in my life. I have selected you to be my health care provider to help me stay healthy and have the healthiest baby possible.*

*I want to exclusively breastfeed my baby for the first six months of life, with no supplementation. I know that my baby's health and my health will be improved through exclusive breastfeeding.*

*I thank you for not offering me formula advertising materials and samples. I know from others that gifts of infant formula can undermine my confidence and success at breastfeeding.*

*If I have concerns or challenges may I contact you for support with breastfeeding?*

*Warmly,*