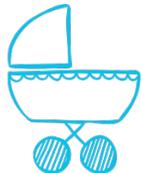


Exclusively Breastfeeding Timeline Game

<p>Begin your breastfeeding journey!</p> 	<p>At Birth: The first feed helps to stabilize baby's blood sugars and protect baby's gut.</p>	<p>Day 1: Expect one or two wet diapers because the colostrum you produce is highly digestible.</p>	<p>Go again Since you made it through the first day</p>	<p>Day 2: Expect at least two wet diapers. Baby should be producing at least two teaspoon-sized poos.</p>	<p>Day 3: 3 days after giving birth, 92 percent of new mothers say they were having problems breastfeeding.</p>	<p>Go back to start since you decided to give your baby formula</p>
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Instructions:

1. Roll the die
2. The number shown determines how many spaces to move



Move back 2 spaces
Since you skipped a nighttime feeding

<p>Week 3: This the perfect time to practice the lying down breastfeeding position.</p>	<p>Skip ahead 3 spaces Since you encouraged others to breastfeed</p>	<p>Week 2: Your transitional milk will have turned into mature milk, which is thinner and contains more water.</p>	<p>Week 1: Your breasts may feel full but soft. You may frequently leak breast milk and begin wearing breast pads.</p>	<p>Lose a turn Since you ignored your own health</p>	<p>Day 5: Your baby has now received five million cancer-busting stem cells from your milk.</p>	<p>Day 4: You may find your breasts swelling and becoming engorged and warm. Your milk turns from yellow to white.</p>
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1 Month: You have given your baby significant protection against food allergy at 3 years of age



<p>6 Weeks: It's common to notice that one breast is producing more milk than the other or is easier for your baby to latch onto.</p>	<p>2 Months: Your baby may now spend less time at each nursing session because the baby has become more efficient at the breast.</p>	<p>Lose a turn Since you forgot to stay hydrated</p>	<p>3 Months: Your milk is currently providing 535 calories, 6.8g of protein and 37g fat for your baby per day.</p>	<p>4 Months: You have given your baby strong protection against ear infections and respiratory tract diseases for a whole year.</p>	<p>Move back 2 spaces Since you almost gave up breastfeeding</p>	<p>5-6 Months: You have protected your baby's intestinal tract so that it can now begin to produce antibodies.</p>
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Congrats! You have exclusively breastfed your baby for 6 months!