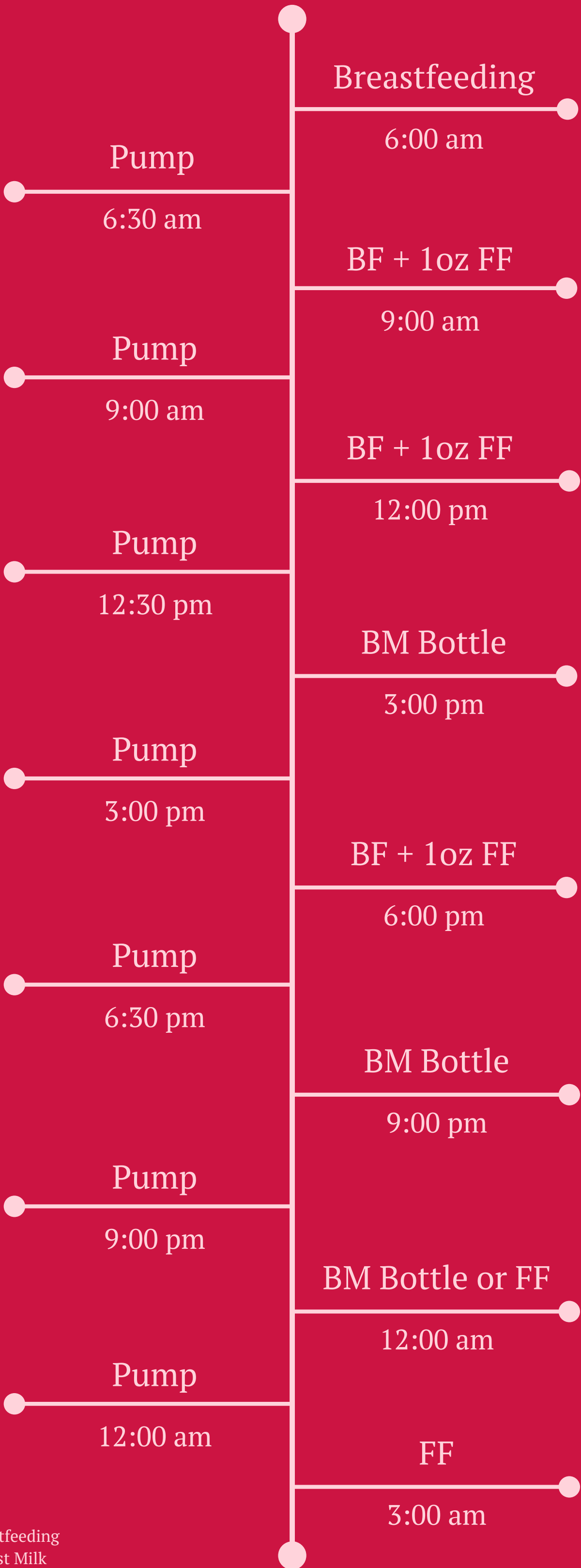




TRUE MOM SCHEDULE*



BF= Breastfeeding
 BM= Breast Milk
 FF= Formula Feeding

*Applies with daily milk storage for one session or more. This is an example from my experience. Always consult with a doctor.

