

Handouts for Sale

Each of the following are available from LEC. Indicate which of the following you would like to purchase and enclose the appropriate amount - check or money order made out to LEC. Credit cards also accepted. The handouts can be e-mailed or snail-mailed. Please indicate which method of delivery you prefer.

Handouts

1. Breastfeeding Diary
 2. Beginning Breastfeeding
 3. Baby's Second Night
 4. Infant Feeding Instructions
 5. Breastfeeding Is Going Well If...
 6. Pacifiers
 7. Permission to Supplement
 8. Saving Breastmilk
 9. LC Consent Form
 10. Engorgement
 11. Biting
 12. Safe Bedding Practices
 13. "Gentle" Waking
 14. Red Flags & Risk Factors
 15. Telephone Log
 16. How to Dry Up Your Milk
 17. When Baby Can't Nurse at Breast
 18. Reverse Pressure Softening
 19. Care Plan for Treating Yeast Infections
 20. Will Breastfeeding Change My Lifestyle?
 21. Care Plan for Sore Nipples
 22. Smoking
 23. Care Plan for Treating Plugged Ducts
 24. Questionnaire for Mom - Risk Factors
 25. Agreement to Use a Nipple Shield
 26. The Late Preterm Baby
 27. Special Feeding Plan
 28. Cup Feeding Your Baby
 29. Baby's Second Night - Spanish
- Five newer handouts - sold separately @ \$4 each:**
30. Pacing Bottle Feeds
 31. Daddy's Involvement
 32. Congratulations, Grandma!
 33. Pacifiers (in Spanish)
 34. Will Breastfeeding Change My Lifestyle (in Spanish)

Each of these handouts is \$4.00. All reviewed and/or updated for 2012

The "Complete Set" Vol. 1 includes 1-17 can be purchased for \$50. Vol 2 Set includes 18-29 and may be purchased for \$35. All prices include shipping & handling*. All handouts may be copied and distributed. They may not be resold.

* Canadian customers please contact for shipping prices if you would like these mailed "snail mail."

Order Form - Information

Name _____

Mailing Address _____
(State/Zip) (Street) (City)

Phone _____ E-mail address _____

Method of Payment

____ Check # _____ Credit Card: Visa MasterCard Discover (Circle one)

CC number: _____ Security # _____ (on back of card)

Expiration date _____

Name as it appears on card _____

Billing address if different from shipping address

Total number of items ordered _____

Total amount enclosed _____

Please mail order form to:

LEC
c/o Jan Barger

618 N Wheaton Ave
Wheaton IL 60187

or fax to:

630-260-8879

Questions? E-mail: LECOoffice@aol.com

Phone: 630-260-4847

**FOR YOUR PROTECTION, DO NOT
E-MAIL THIS INFORMATION!**