Notes of Encouragement

Celebrating National Breastfeeding/Chestfeeding Month | August 2023

We know you are tired...You are making the world a better place for your child and family as you continue with your lactation efforts.

- Faculty Physician, Obstetrics & Gynecology

You are not alone. You got this, mama.

- Stanford Medicine Staff

I personally know how difficult breastfeeding is, especially when balancing work and home since I did it for a stubborn child who couldn't take anything else from anyone for 4 years. Be proud that you're making the effort, even when things get tough. A few missed feedings and a few tantrums (from you or the baby) is human!

- Stanford Medicine Staff

Breastfeeding/ chestfeeding gets easier each month. Babies and breasts/chests both become more efficient. The hardest part is behind you!

- Faculty Physician, Obstetrics & Gynecology

Submit a brief note of encouragement for a lactating individual at Stanford or a message of gratitude to a colleague who has supported you on your lactation journey.
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Providing milk for your baby (especially while working) can be a challenge. Whatever goals you set for yourself or are able to physically or practically achieve, remember that your effort and love also fuel your baby, and you are enough.

- Faculty Physician, Medicine

Providing nutrition for another person from your own body is hard and time consuming (and especially given all the pump parts and washing etc downright annoying) BUT such an incredible investment. Thank you for literally feeding and growing the next generation. Even in the hardest moments, YOU ROCK!!!

- Faculty Physician, Obstetrics & Gynecology

You are amazing and I’m so proud of you!

- Faculty Physician, Anesthesiology

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You are doing amazing! You can do it!
- Faculty Physician, Medicine

The fact that you are able to breastfeed, on top of being a successful academic physician or scientist, is simply amazing. You deserve accommodations, support, and praise!
- Faculty Physician, Neurology & Neurologic Sciences

Chestfeeding/lactation is beautiful! Sending you encouragement as you juggle work, the demands of life, and taking care of yourself and your baby.
- Staff

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