

Twelve Days of Breastfeeding
(Sung to the tune of. Twelve Days of Christmas)
by Kelliann Mendez (breastfeeding peer counselor)



**On the 1st day of breastfeeding my mommy gave to me:
Colostrum to increase my immunity!**

**On the 2nd day of breastfeeding my mommy gave to me: two full breasts, and
colostrum to increase my immunity!**

**On the 3rd day of breastfeeding my mommy gave to me: minimized jaundice, two
full breasts and colostrum to increase my immunity!**

**On the 4th day of breastfeeding my mommy gave to me: fewer doctor. visits, minimized jaundice,
two full breasts and colostrum to increase my immunity!**

**On the 5th day of breastfeeding my mommy gave to me: LESS ALLERGIES!, fewer doctor. visits,
minimized jaundice, two full breasts and colostrum to increase my immunity!**

**On the 6th day of breastfeeding my mommy gave to me: Zero constipation; LESS ALLERGIES!...
fewer doctor visits, minimized jaundice, two full breasts and colostrum to increase my immunity!**

**On the 7th day of breastfeeding my mommy gave to me: teeth and jaw development, zero
constipation, LESS ALLERGIES!... fewer doctor visits, minimized jaundice, two full breasts and
colostrum to increase my immunity!**

**On the 8th day of breastfeeding my mommy gave to me: reduced risk of breast cancer, teeth and
jaw development, zero constipation, LESS ALLERGIES!... fewer Dr. visits, minimized jaundice, two
full breasts and colostrum to increase my immunity!**

**On the 9th day of breastfeeding my mommy gave to me: skin to skin comfort, reduced risk of
breast cancer, teeth and jaw development, zero constipation, LESS ALLERGIES!... fewer doctor
visits, minimized jaundice, two full breasts and colostrum to increase my immunity!**

**On the 10th day of breastfeeding my mommy gave to me: decreased chance of diabetes, skin to
skin comfort, reduced risk of breast cancer, teeth and jaw development, zero constipation, LESS
ALLERGIES!... fewer doctor visits, minimized jaundice, two full breasts and colostrum to increase
my immunity!**

**On the 11th day of breastfeeding my mommy gave to me: bonding and loving, decreased chance
of diabetes, skin to skin comfort, reduced risk of breast cancer, teeth and jaw development, zero
constipation, LESS ALLERGIES!... fewer doctor visits, minimized jaundice, two full breasts and
colostrum to increase my immunity!**

**On the 12th day of breastfeeding my mommy gave to me: Higher IQ, bonding and loving,
decreased chance of diabetes, skin to skin comfort, reduced risk of breast cancer, teeth and jaw
development, zero constipation, LESS ALLERGIES!... fewer doctor visits, minimized jaundice, two
full breasts and colostrum to increase my immunity!**

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