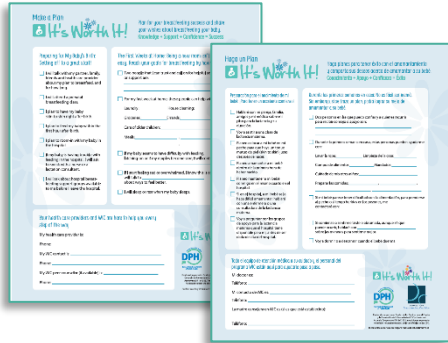


Make a Plan  
**It's Worth It!**

### It's Worth It! Make A Plan CHECKLIST

English/Spanish # copies (max 100) \_\_\_\_\_



### It's Worth It! - Make A Plan NEWSLETTER

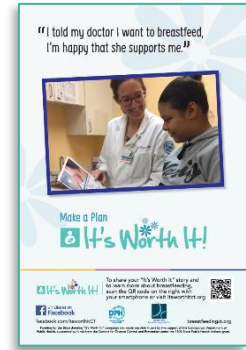
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### It's Worth It! - Make A Plan POSTER

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Rooming-in  
**It's Worth It!**

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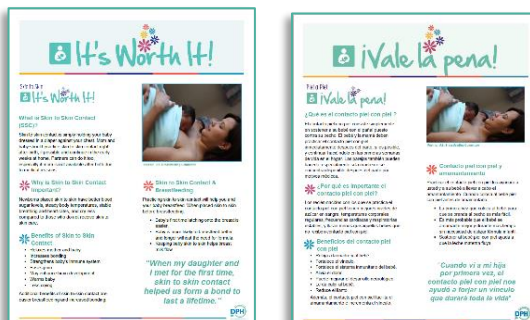


Skin to Skin  
**It's Worth It!**

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### It's Worth It! Skin to Skin POSTER

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### Community Support

# It's Worth It!

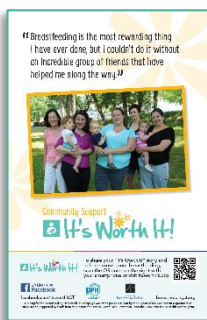
#### It's Worth It! Community Support NEWSLETTER

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#### It's Worth It! Community Support POSTER

English # copies (max 25) \_\_\_\_\_



#### It's Worth It! Community Support POSTER

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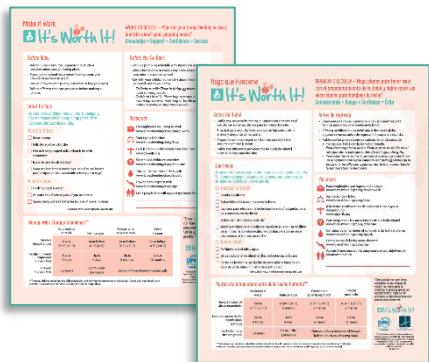


### Make it Work

# It's Worth It!

#### It's Worth It! Make it Work CHECKLIST

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#### It's Worth It! - Make it Work - A Toolkit for Families

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Spanish version coming soon!

#### It's Worth It! - Make it Work POSTER

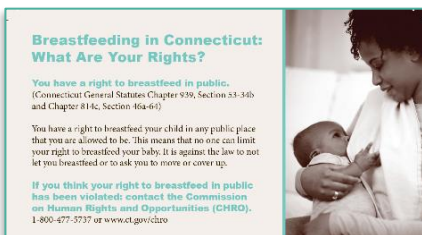
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## Breastfeeding Laws- What Are Your Rights?

#### What Are Your Rights WALLET CARD

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#### What Are Your Rights HANDOUT

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Name:  
 Organization:  
 Address:

Email:  
 Please FAX or EMAIL this form to:  
 Marilyn Lonczak  
 DPH Breastfeeding Coordinator  
 Fax: (860)509-8391  
 Email: [marilyn.lonczak@ct.gov](mailto:marilyn.lonczak@ct.gov)

SNAP-Ed Packed by: \_\_\_\_\_  
 Other Date: \_\_\_\_\_