



MILK & CRADLE  
Maternal Wellness  
Services



## Milk Mate Text-Based Breastfeeding Education

### About Milk Mate

This subscription service offers educational insights and support right at your fingertips. In a world filled with social media and endless online advice, having reliable, evidence-based recommendations at your disposal is one of the best investments you can make for your postpartum journey.

The initial subscription is a basic prenatal education program designed to deliver bite-sized tips and facts to help initiate breastfeeding within the first 4-6 weeks.

### What's Included

- ✓ 1 month subscription = \$15
- ✓ 1:1 text messaging via the Charm Connect app
- ✓ Breastfeeding Education through the early weeks
- ✓ Your Best Start Breastfeeding guide PDF
- ✓ Direct access to an IBCLC

## How To Sign Up



[Milk Mate subscription site](#)



#### Subscribe to Milk Mate

Scan QR code to go to the Milk Mate subscription site



#### Check email for next steps

You will be provided steps to create your account and how to use Charm Connect



#### Download the app

Charm Connect

Contact



434-218-0593



[www.milkandcradle.com](http://www.milkandcradle.com)