



Breastfeeding Bingo

Bingo Instructions

Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get all four corners
- First to get two diagonal lines through the middle (an "X")
- First to get a "blackout" (all squares)

Guest Instructions:

- Check off events on your card as they occur
- If you complete a goal, shout "BINGO!". You've won!
- The judge decides in the case of disputes

This is an alphabetical list of all 24 events:

A little breastmilk is better than none., Breastfed babies have less colic., Breastfeeding and putting baby on his back to sleep help prevent SIDS., Breastfeeding increases mom's self-confidence., Breastfeeding is the natural way to feed a baby., Breastfeeding may lower the mother's risk of getting breast cancer., Breastfeeding reduces baby's incidence of ear infections., Breastfeeding saves tax dolla, Breastmilk has antibodies that protect babies against disease., Breastmilk helps prevent diarrhea in babies., California law protects a mother's right to nurse any place where the mother & child are authorized to be present., Feed the baby at his or her first signs of hunger., Human milk changes to meet the baby's needs., Human milk is easier for babies to digest than formula., Human milk may be stored in plastic containers., It is recommended that leftover breastmilk be discarded., Keep a bottle of frozen milk for emergencies., Mom's breasts make milk while baby is nursing or mom is expressing milk., Mother's milk is the only food a baby needs the first 6months of life., Starting solid foods before the baby is 6 months old may cause allergies, Thawed breastmilk should not be re-frozen., The AAP recommends breastfeeding for one year or longer.,

The more a baby nurses at mom's breast the more milk she makes., Wash your hands every time before and after you feed a baby..



Breastfeeding Bingo Bingo Call Sheet

This is a randomized list of all 24 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Mother's milk is the only food a baby needs the first 6 months of life.	Breastfeeding saves tax dolla	Breastfeeding may lower the mother's risk of getting breast cancer.	Starting solid foods before the baby is 6 months old may cause allergies	Mom's breasts make milk while baby is nursing or mom is expressing milk.
Breastmilk helps prevent diarrhea in babies.	Breastfeeding increases mom's self-confidence.	Breastfeeding is the natural way to feed a baby.	The AAP recommends breastfeeding for one year or longer.	It is recommended that leftover breastmilk be discarded.
California law protects a mother's right to nurse any place where the mother & child are authorized to be present.	Human milk may be stored in plastic containers.	Feed the baby at his or her first signs of hunger.	The more a baby nurses at mom's breast the more milk she makes.	Human milk is easier for babies to digest than formula.
Human milk changes to meet the baby's needs.	A little breastmilk is better than none.	Thawed breastmilk should not be re-frozen.	Keep a bottle of frozen milk for emergencies.	Breastmilk has antibodies that protect babies against disease.
Breastfed babies have less colic.	Wash your hands every time before and after you feed a baby.	Breastfeeding reduces baby's incidence of ear infections.	Breastfeeding and putting baby on his back to sleep help prevent SIDS.	

B	I	N	G	O
Breastfeeding reduces baby's incidence of ear infections.	Feed the baby at his or her first signs of hunger.	Breastfeeding is the natural way to feed a baby.	The more a baby nurses at mom's breast the more milk she makes.	Mother's milk is the only food a baby needs the first 6months of life.
Wash your hands every time before and after you feed a baby.	Thawed breastmilk should not be re-frozen.	Mom's breasts make milk while baby is nursing or mom is expressing milk.	California law protects a mother's right to nurse any place where the mother & child are authorized to be present.	Breastfeeding and putting baby on his back to sleep help prevent SIDS.
It is recommended that leftover breastmilk be discarded.	Breastfeeding saves tax dolla	FREE	Human milk is easier for babies to digest than formula.	Breastfed babies have less colic.
Breastfeeding may lower the mother's risk of getting breast cancer.	Breastmilk helps prevent diarrhea in babies.	Starting solid foods before the baby is 6 months old may cause allergies	Human milk changes to meet the baby's needs.	A little breastmilk is better than none.
Breastmilk has antibodies that protect babies against disease.	Keep a bottle of frozen milk for emergencies.	Breastfeeding increases mom's self-confidence.	The AAP recommends breastfeeding for one year or longer.	Human milk may be stored in plastic containers.

This bingo card was created randomly from a total of 24 events.

A little breastmilk is better than none., Breastfed babies have less colic., Breastfeeding and putting baby on his back to sleep help prevent SIDS., Breastfeeding increases mom's self-confidence., Breastfeeding is the natural way to feed a baby., Breastfeeding may lower the mother's risk of getting breast cancer., Breastfeeding reduces baby's incidence of ear infections., Breastfeeding saves tax dolla, Breastmilk has antibodies that protect babies against disease., Breastmilk helps prevent diarrhea in babies., California law protects a mother's right to nurse any place where the mother & child are authorized to be present., Feed the baby at his or her first signs of hunger., Human milk changes to meet the baby's needs., Human milk is easier for babies to digest than formula., Human milk may be stored in plastic containers., It is recommended that leftover breastmilk be discarded., Keep a bottle of frozen milk for emergencies., Mom's breasts make milk while baby is nursing or mom is expressing milk., Mother's milk is the only food a baby needs the first 6months of life., Starting solid foods before the baby is 6 months old may cause allergies, Thawed breastmilk should not be re-frozen., The AAP recommends breastfeeding for one year or longer., The more a baby nurses at mom's breast the more milk she makes., Wash your hands every time before and after you feed a baby..

B	I	N	G	O
Feed the baby at his or her first signs of hunger.	Breastfeeding reduces baby's incidence of ear infections.	Starting solid foods before the baby is 6 months old may cause allergies	Thawed breastmilk should not be re-frozen.	It is recommended that leftover breastmilk be discarded.
The more a baby nurses at mom's breast the more milk she makes.	Breastfeeding and putting baby on his back to sleep help prevent SIDS.	Human milk is easier for babies to digest than formula.	A little breastmilk is better than none.	Breastfed babies have less colic.
Breastfeeding saves tax dolla	Breastmilk helps prevent diarrhea in babies.	FREE	The AAP recommends breastfeeding for one year or longer.	Breastfeeding may lower the mother's risk of getting breast cancer.
Human milk may be stored in plastic containers.	Breastmilk has antibodies that protect babies against disease.	Human milk changes to meet the baby's needs.	Wash your hands every time before and after you feed a baby.	Breastfeeding is the natural way to feed a baby.
Mom's breasts make milk while baby is nursing or mom is expressing milk.	Breastfeeding increases mom's self-confidence.	Keep a bottle of frozen milk for emergencies.	California law protects a mother's right to nurse any place where the mother & child are authorized to be present.	Mother's milk is the only food a baby needs the first 6months of life.

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