

Printing and Copying the Breastfeeding Guide

The Breastfeeding Guide is designed to be a **booklet**. It should be copied **double-sided** onto standard **letter size paper** (8.5 x 11") and then **folded in half** to make a booklet that is 5.5 x 8.5". It should be **stapled** in the center fold. If you are copying and assembling the book yourself, you will need a 'long-reach stapler' for stapling. These can be purchased for \$30-40 from office supply stores.

The Breastfeeding Guide is in two PDF files:

BF Guide 4-28-09 FINAL_cover pages.pdf (the cover: front and back, inside and outside)

BF Guide 3-30-09 FINAL_inside pages.pdf (the inside pages)

Printing the guide from your computer:

If your printer prints double-sided, select the option to 'flip on short edge' in order to print it correctly.

Copying and assembling the guide:

The Guide should be copied **double-sided** onto standard letter size paper (8.5 x 11"). Before you copy the whole guide, you may want to make one copy of just 4 pages first to make sure the orientation of all the pages is correct.

1. Copy the cover onto heavier weight or colored paper if you choose.
2. Assemble the books.
3. Fold the books in half to make a booklet that is 5.5 x 8.5".
4. Put two or three staples in the center fold.
Staple from the outside of the booklet.

If you have any questions or problems with the guide, please contact Cynthia Childs at 585-758-7845 or cynthia_childs@urmc.rochester.edu.