

5 BONUS HACKS

FOR BREASTFEEDING MOMS

USE COLOSTRUM AS NIPPLE CREAM

DURING THOSE FIRST FEW WEEKS, USE YOUR COLOSTRUM TO ALLEVIATE PAINFUL, IRRITATED NIPPLES. ITS NATURAL INGREDIENTS ARE THE PERFECT BLEND FOR BABY.

CONTROL LETDOWN VIA POSITION

IF YOU HAVE AN OVERSUPPLY OF MILK OR BABY IS SUCKING TO FORCEFULLY, LAY BACK WITH BABY ON TOP. GRAVITY WILL HELP REGULATE LETDOWN.

SET BABY'S NURSING SCHEDULE

IF YOU NEED TO FEED BABY AT DIFFERENT TIMES EACH DAY, YOU CAN DO SO, IF YOU ARE CONSISTENT. YOUR BODY AND MILK PRODUCTION WILL ADJUST TO MEET BABY'S NEEDS.

KEEP BABY FULL

IF BABY APPEARS TO STILL BE HUNGRY AFTER A FEEDING, MAKE SURE YOU ARE EMPTYING THE ENTIRE BREAST BEFORE MOVING ON TO THE NEXT. MILK EXPRESSED AT THE END OF A FEEDING, CALLED HIND MILK, IS MORE FILLING.

ALLEVIATE TEETHING PAIN

FREEZE BREAST MILK INTO POPSICLES TO PROVIDE RELIEF FOR A TEETHING BABY. IT IS THE PERFECT SNACK AND PAIN RELIEF OPTION FOR A NURSING BABY.

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