Rebecca Akande Quai Skeete-Ridley Rachelle Servius

Breastfeeding tips and tricks



THE BENEFITS OF BREASTFEEDING FOR MOMS



Breastfed babies have better sleep patterns thatmeans so will you



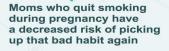
Breastfeeding may put the pause in menopause



Less uterus bleeding and quicker return to its normal size



Lactation provides contraception protection





Breastfed moms save money - a lot of it



Faster loss of pregnancy weighn

BREASTFEEDING POSITIONS



SIDE-LYING

Lie down on your side with baby facing you. Baby will nurse on the breast that is resting on the bed.

FOOTBALL HOLD

Baby is tucked under one arm, off to the side (like a football). Hold baby with one arm while the other hand supports your breast.

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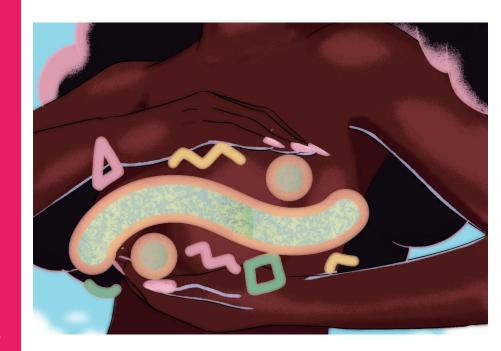
Breastfeeding positions

Self Breast Examination

"What do I do?"

"What do I look for?"

"Why is it important?"



Amika Cooper

