

B	I	N	G	O
Use natural deodorant to assist your lymph in being healthy while breastfeeding.	Breastfeeding is easier if you answer your babies request instead of wait for their demands.	Breastmilk is always clean.	Nipple cream	Breastmilk storage bags
Breastmilk in the deep freeze last 6-12 months.	Thaw frozen milk in refrigerator or a bowl of warm water or under warm faucet.	Do not heat breastmilk directly on the stove or in the microwave.	Breastfeeding lets the baby control his own appetite.	If baby is too upset to nurse use low lights and soothing motions.
Nursing pads	kellymom.com	FREE	Breastfeeding saves money for the family.	Breastmilk promotes normal health in infancy and beyond.
Breastmilk provides mothering hormones.	Nurse as often as possible if you feel you are dealing with a clog or bleb.	Breastmilk smells fine going in and coming out.	Breastmilk promotes normal brain development.	Combine several pumping sessions in one container by adding cold to cold.
Breastmilk is always the right temperature.	Breastmilk changes to meet the baby's changing needs.	Do not wait until your breast feel full. A full breast has already started to slow down production.	Illli.org	Breastmilk in the refrigerator last 3-8 days.

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