

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 the right temperature.	If baby is too upset to nurse use low lights and soothing motions.	Combine several pumping sessions in one container by adding cold to cold.
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 wait until your breast feel full. A full breast has already started to slow down production.	Breastfeeding lets the baby control his own appetite.	Nursing pads
kellymom.com	Breastfeeding saves money for the family.	FREE	Breastmilk provides mothering hormones.	Breastmilk smells fine going in and coming out.
Nurse as often as possible if you feel you are dealing with a clog or bleb.	Breastmilk storage bags	Free	Breastmilk promotes normal brain development.	Do not heat breastmilk directly on the stove or in the microwave.
Breastmilk changes to meet the baby's changing needs.	Nipple cream	Breastmilk in the refrigerator last 3-8 days.	Illli.org	Breastmilk is always clean.

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

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