

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.	Learn your babies hunger cues.	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	If baby is too upset to nurse use low lights and soothing motions.	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.

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