

Breastfeeding

Tip #1:

"Your breast works by a process of demand and supply: baby suckles when he wants milk, the breast delivers it via multiple letdowns, and then more milk is made to replace what was removed." (1)

Contact Genesis Program at 520-562-1237 or email
Pamela.Puente.THLD@gric.nsn.us (DPSII/IBCLC) or
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Tip #2:

"Milk Stasis: Breasts overall due to missed feedings, irregular nursing pattern, or engorgement."(1)

"Action: Avoid missed or delayed feedings.

When feedings are delayed, pump or hand express to remove milk from breasts."(1)

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