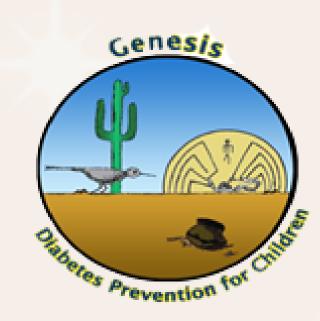
Breastfeeding Tip #1:



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

Contact Genesis Program at 520-562-1237 or email Pamela.Puente.THD@gric.nsn.us (DPSII/IBCLC) or Judith.Thompson@gric.nsn.us (DPSII) for more information

Breastfeeding 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

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from breasts."(1)