

Breastfeeding

Tip #3

"Whenever a mother contracts an infection, whether it be a cold, fever, or more serious illness, her body responds by producing antibodies in her milk that help protect her breastfed baby"(1)

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

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Tip #4

"To relieve engorgement and help milk come out more easily, use warmth. Some of the simplest ways are to take a warm shower or place a warm washcloth on your breasts right before feedings"(1)

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