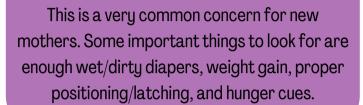
Breastfeeding Basics

Click on anything that is underlined to be directed to the material



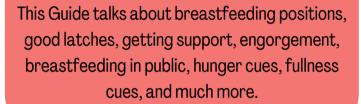
Is My Baby Getting Enough Milk?



Getting a Good Latch

A good latch takes practice for both you and your baby. No matter what position you use a good latch is needed for sufficient milk removal and a painless feeding experience.

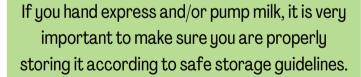
A Guide to Breastfeeding - WIC



Hand Expression of Milk

Hand expression is a very useful technique to learn to stimulate milk production and sometimes relieve engorged breasts.

Breastmilk Storage Guidelines



Flange / Breast Shield Sizing Guide for Pumping **

Having an incorrect flange / breast shield size can lead to painful pumping sessions. If pumping is painful, something may be wrong with your current flange / breast shield size.

Are you interested in applying for WIC? Give us a call at (209) 383-4859 to see if you're eligible!

Follow us on our social media accounts and check out our website!





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