


# Breastfeeding Basics

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## Is My Baby Getting Enough Milk?

This is a very common concern for new mothers. Some important things to look for are enough wet/dirty diapers, weight gain, proper positioning/latching, and hunger cues.

## 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

This Guide talks about breastfeeding positions, good latches, getting support, engorgement, breastfeeding in public, hunger cues, fullness cues, and much more.

## 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

If you hand express and/or pump milk, it is very important to make sure you are properly storing it according to safe 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.

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