

Name: _____

Date: _____

Breastfeeding Basics

A A H L I I G X Q O C H X N G C S
L B Z M L D H E I O C K Z O R D S
A W I P G O Q J C Y W I L O N K H
W H Q J O D C Y G T J D S A L B U
W X M C T X V E Y H E S L M Y B T
L A C T A T I O N N C G C D H S X
S V U Y W R Z I H R Y T P V T N F
M F M F R A P O A R L I A R L R O
U V X G I P U D E A L M O L A M O
R Y H H L R L M I A A O A S E D T
T V A E O E O C S A T D Q X H E B
S I O X T G I I C I F U O D W M A
O T T X T F G I N L O L P X H A L
L C Y N E U L G E M K Y B A B N L
O D O N E O Q R D D N A L O E R A
C M E Z L L M K L I M N A M U H V
N B L H N I K S O T N I K S J Y L

montgomery glands

Golden Hour

lactation

healthy

Nipple

skin to skin

beneficial

Colostrum

rooting

Latch

cross cradle

human milk

football

areola

baby