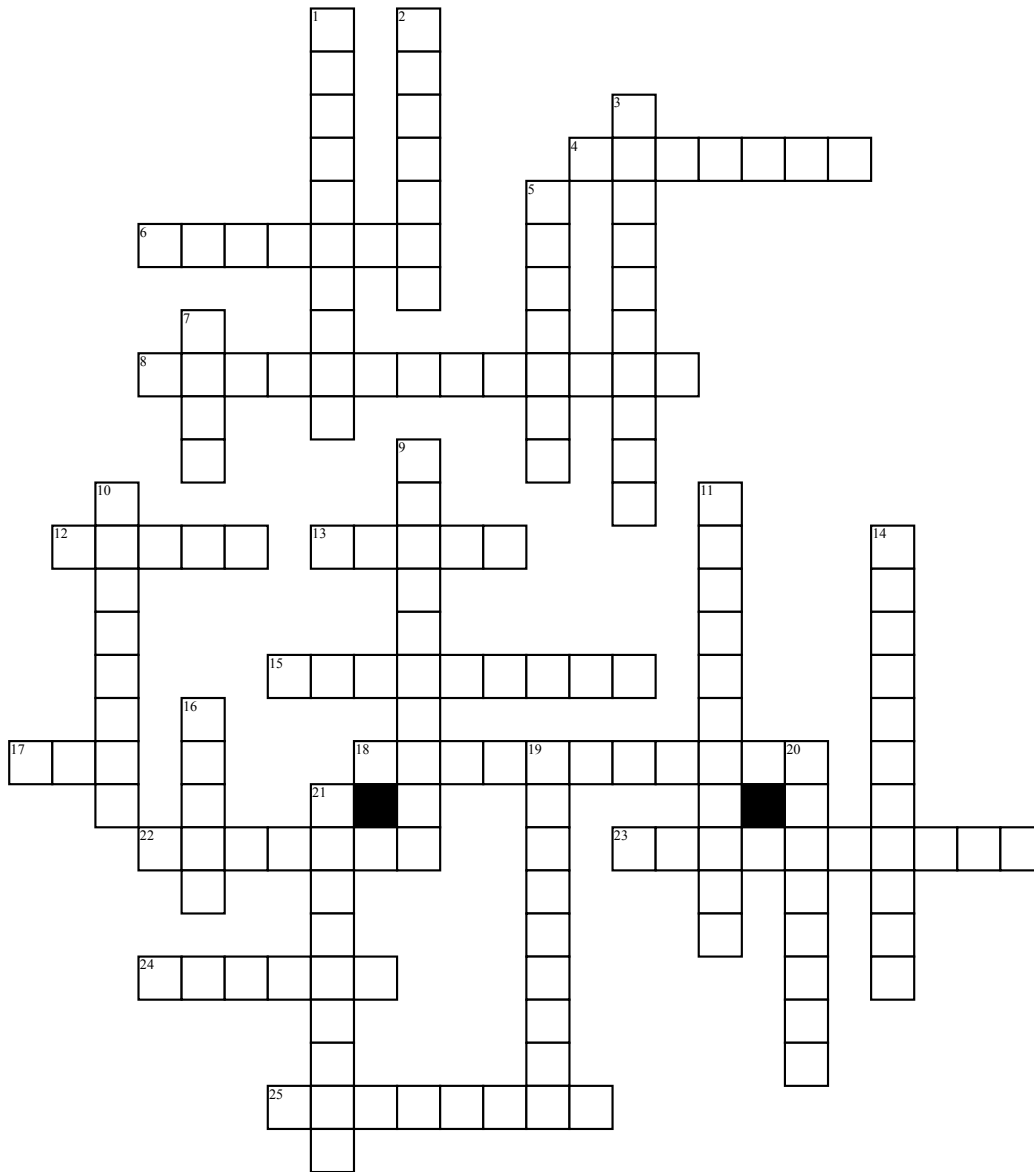


# Living Your Breast Life



## **Across**

4. Synonym for breastfeeding
6. When the milk starts flowing
8. Helps you position your newborn for feeding
12. How baby attaches to breast
13. Stored breastmilk in your freezer
15. Your first milk
17. Acronym for breastfeeding expert
18. Relief for sore nipples
22. The end of breastfeeding
23. When you have too much milk

24. Most common breastfeeding position

25. System for feeding babies when they're hungry

## **Down**

1. Holding baby extra close
2. Reflex that helps baby find your breast
3. Useful to have on your shoulder when baby spits up
5. Choose plastic or glass to serve expressed milk
7. Handy equipment to get before baby arrives
9. Listen for this sound

10. Another name for the biological nurturing position

11. Feeling of fullness when your milk comes in

14. Frequent feeding can be a sign of this

16. Breastfeed with or without this in public

19. Fancy name for producing milk

20. Sore breast with fever, chills, and aching

21. Restful feeding position