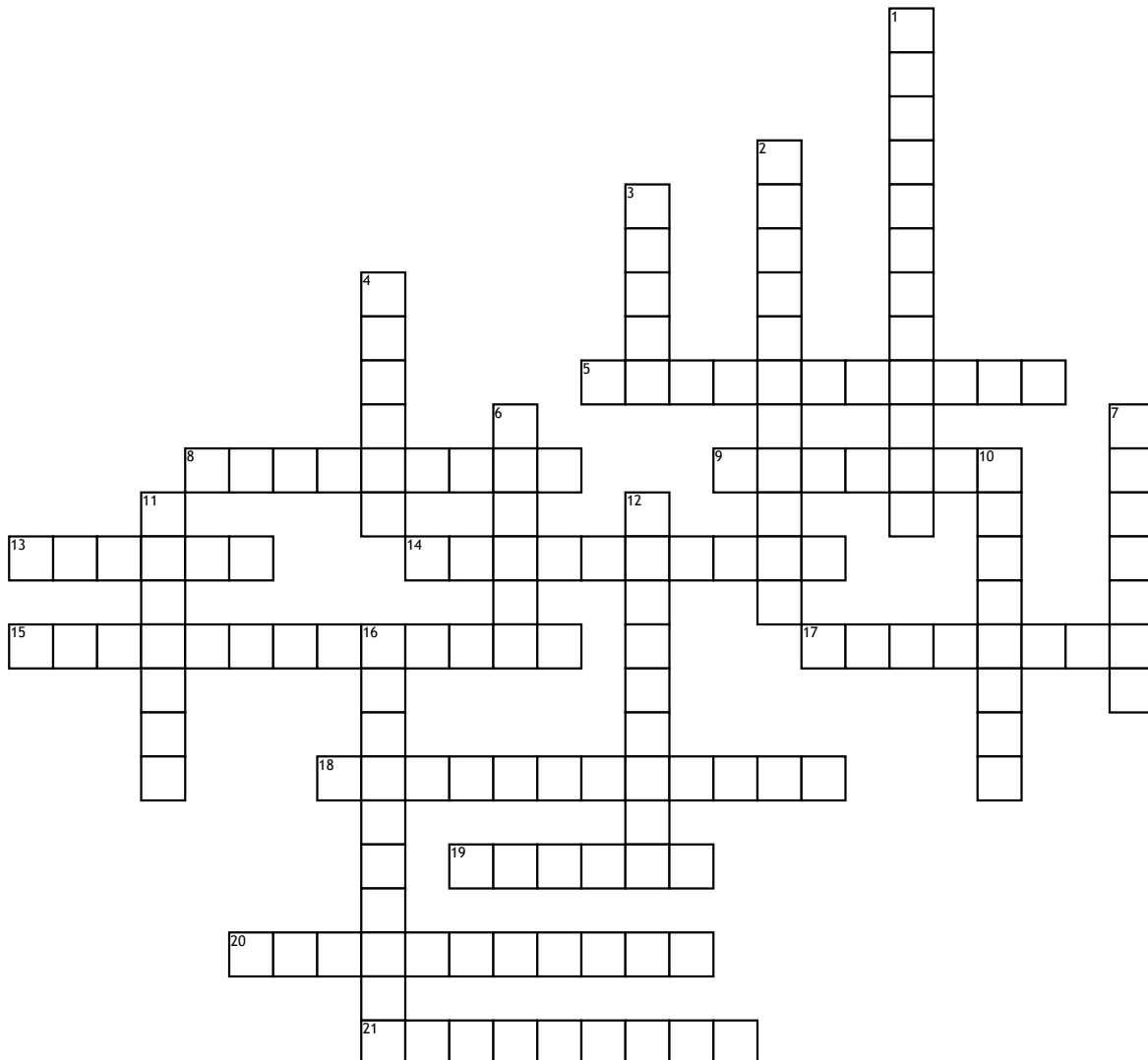


Name: _____

Date: _____

Supporting cracked nipples



Across

- 5. Sore, grazed or cracked nipples usually are a result of poor...
- 8. Healing substance produced by mothers themselves
- 9. Component of ointment which supports moist wound healing
- 13. May be useful in 'resting' a side
- 14. Crucial to give advice that will maintain this (4,6)
- 15. Always needed
- 17. treatment of thrush in breast

18. More likely to need support in early days

- 19. darker area around nipple
- 20. Needed to allow mechanisms of good attachment
- 21. Key to effective pain free breastfeed (4,5)

Down

- 1. Local organisation where local support groups can be found
- 2. traditional feeding position (5,6)
- 3. Best healing environment for damaged nipples
- 4. Women who persevere deserve this

6. useful for rolling and positioning under a large or pendulous breast to support good positioning and attachment

7. If you don't own a pump, you can, for quite reasonable rates, direct from company websites.....(4,3)

- 10. treatment for oral thrush in baby
- 11. Commonly used moist wound dressing for severe nipple trauma
- 12. useful feeding position for those with larger breasts (5,3)
- 16. Should be encouraged when using shield