

Name: _____

Date: _____

hand expression

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

breastfeeding
production
compress
thumb
press

engorgement
colostrum
breasts
latch
hand

expression
stimulate
rotate
relax
milk