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be no point in duplicating the information. Our idea is to present you with tools that might be useful in your work with individual, institutional and corporate customers. Many of the features have been introduced at specific requests from some of you. Others are still at preparatory stage and will be implemented soon.

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Latch A Handbook For Breastfeeding

In Latch: A Handbook for Breastfeeding with Confidence at Every Stage, International Board-Certified Lactation Consultant, Robin Kaplan, addresses specific breastfeeding concerns, allowing you to feel empowered while

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breastfeeding and overcome challenges as they arise. After working with countless mothers who have felt unique in their breastfeeding challenges, and as the mother of two who overcame breastfeeding challenges of her own, she knows how deeply personal breastfeeding is.

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Step-by-step instructions: 1. Lie on your side with your baby facing you, lying on his side. 2. Tuck your bottom arm back behind your head, to create some extra space around your breast for Baby's head. 3. Aim your nipple for his nose, and tuck him in close to you, with your

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top hand pressed along ...

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Your baby should lead into the breast
chin first and then latch onto your
breast. Your baby's tongue should be

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extended, and your breast should fill your baby's mouth. If your baby latches just on the tip of your nipple or it hurts, gently put a clean finger in your baby's mouth to break the latch, then try again.

Signs of a Good Latch

Steps and Signs of a Good Latch | WIC Breastfeeding

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Or you can use reverse pressure softening to move fluids away from the nipple area so your baby can latch on well. Press all five fingertips of one hand around the base of the nipple. Apply gentle steady pressure for about a minute to leave a ring of small dimples on the areola. You can also press with the sides of your fingers.

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Tongue and Lip Ties | La Leche League International

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Latch by Robin Kaplan MEd IBCLC, Abby Theuring - foreword ...

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information to nursing that will educate you on the essentials to meet your breastfeeding objectives.

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