

# Breastfeeding Tips For New Mothers





Wear the right nursing supplies



Ask your healthcare provider to make a proper breastfeeding plan



Breastfeed right after birth



Consider different ways of latching



Feed from both breasts equally



Ease the Pain of Engorgement



Don't stop breastfeeding if you have mastitis

# **A Z Guide For New Mothers**

**Camilla Rothe** 



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