

## **Breastfeeding A – Z**

A is for ALL – Breastfeeding is for ALL babies and mothers with very few exceptions

B is for Benefits – Benefits for Mom, Babies, and Community

C is for Colostrum – the “First Milk” which is “Baby’s First Immunization”

D is for Disease Prevention – Breastfeeding prevents many diseases

E is for Equally Important – Breastfeeding is Equally important for all races, cultures, and socioeconomic arenas

F is for FREE – Breastmilk is Free nutrition and disease prevention

G is for God intended us to Breastfeed! – God made us mammals for a reason!

H is for Hygiene – Breastmilk comes in hygienic containers and needs no sterilization!

I is for Ice Cream – The last part of a feeding is full of cream, like Ice Cream!

J is for Just Right – Breast milk is “Just Right” for your baby’s nutrition at each stage of your baby’s life

K is for Kangaroo Care – Breastfeeding is enhanced when mothers hold their babies – Skin-to-Skin in Kangaroo Care

L is for Latch – A good Latch is with baby’s mouth open wide, nipple placed at junction of soft and hard palate

M is for Mastitis – Mastitis is an infrequent infection of the breast, treated with antibiotics, continued feeding, and rest

N is for Nipples – Nipples are not supposed to be SORE! If there is pain, seek help to address Latch

O is for Oxytocin – Oxytocin is the Love Hormone that is released with suckling, causing a loving feeling

P is for Pain – Painful nursing is not proper nursing! Seek Help!

Q is for Questions – Call a Lactation Consult to help you with your Questions!

R is for Relactation – Even if you’ve stopped nursing, or have never nursed – lactation can be induced

S is for Supply – Milk Supply meets Milk Demand – So Don’t Supplement with formula unless medically indicated!

T is for Ta-Ta’s – Save the Ta-Tas by Breastfeeding – which reduces the mother’s risk of breast cancer

U is for Us – Breastfeeding is a family affair, and is more successful with the support of the extended family

V is for Victory – A successful breastfeeding story can inspire your peers to give breastfeeding a try themselves

W is for Work – Breastfeeding and pumping at work is your right by Tennessee law

X is for “X” caption – There are only a few Exceptions/Contraindications to breastfeeding –  
HIV/Galactosemia/Chemotherapy

Y is for Yes – You can do it, Yes you can!

Z is for Zipper – You won’t have trouble with your zipper post partum, as breastfeeding moms lose their baby weight quickly!