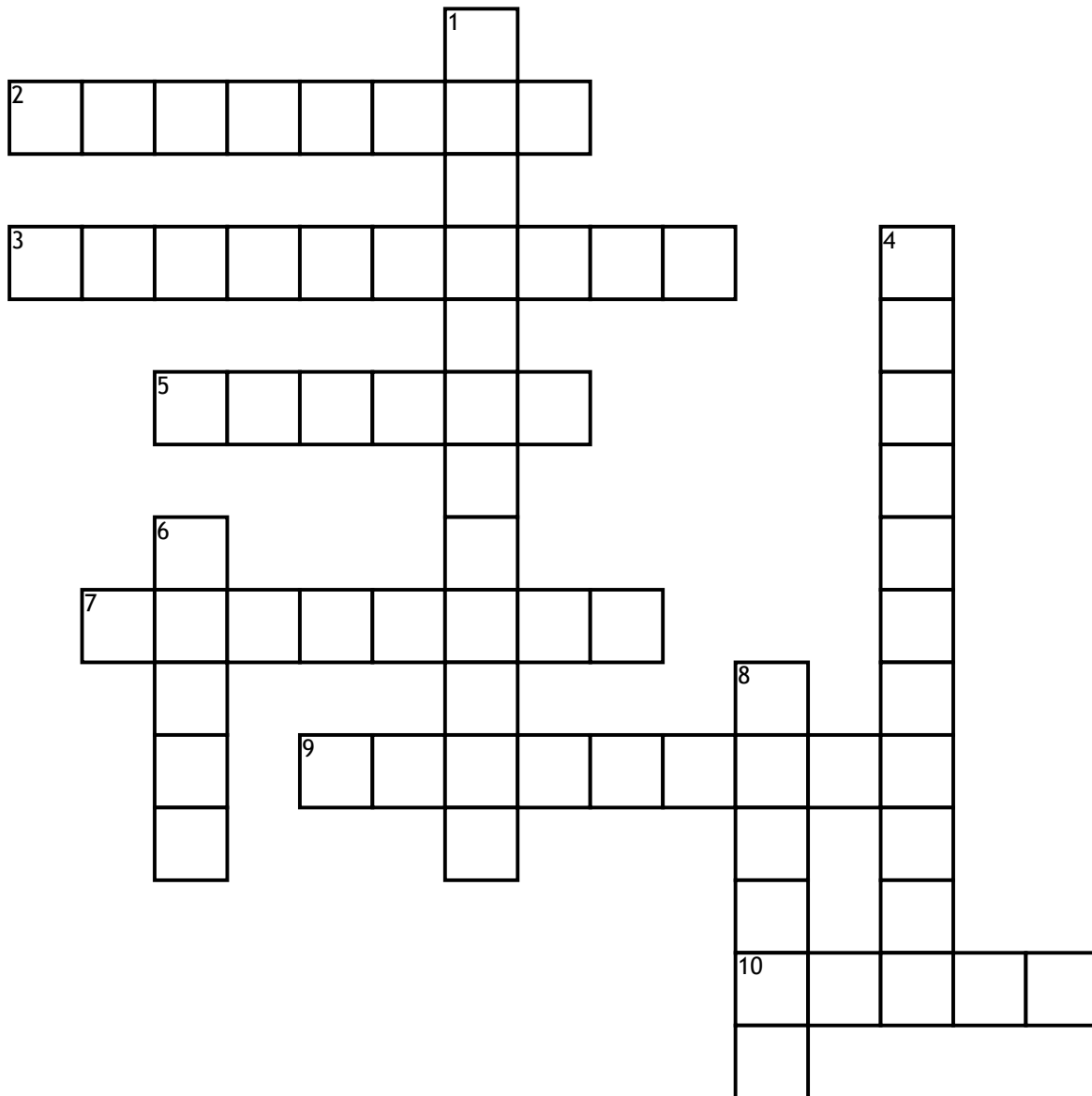


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Breastfeeding Crossword



## Across

2. \_\_\_\_\_ is the hormone responsible for milk let-down. It is also known as the "feel good" hormone.
3. A device a breastfeeding mother than use to express milk from her breasts.
5. Breastmilk is \_\_\_\_\_ to digest than formula
7. This term describes the richer milk available toward the latter part of the feeding, more opaque and creamy white in color.
9. This type of milk is produced only in the first few days and is high in protective immunological factors.

10. A term that refers to the way a baby attaches to the breast

## Down

1. A flexible silicone nipple worn over mom's nipple to assist with latching difficulties.
4. When breasts reach their milk storage capacity and become swollen, hard and even painful.
6. It is recommended that exclusively breastfed babies nurse at least \_\_\_\_\_ times in 24 hours.
8. The darker colored skin around the nipple