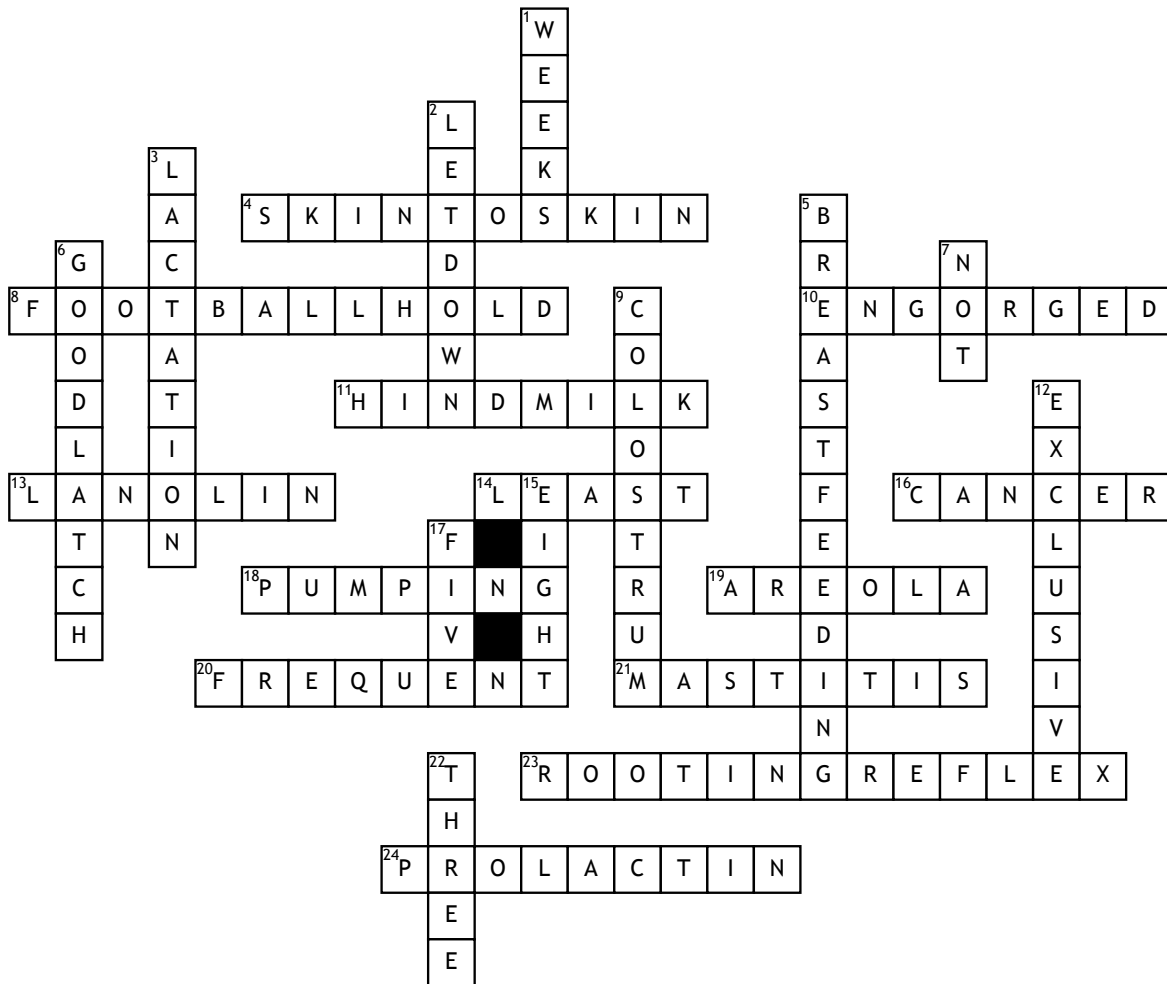


# Breastfeeding Terms



## Across

4. Helps stabilize infant body temperature.
8. Breastfeeding position recommended for large breasted and/or c-section moms.
10. Firm, swollen breasts.
11. Higher fat content milk produced at the end of a feeding.
13. Cream that soothes and protects sore nipples.
14. If nipples are sore, feed the infant from the \_\_\_\_\_ sore nipple first.
16. Breastfeeding reduces a mother's risk of breast and ovarian \_\_\_\_\_.
18. Expressing milk from the breast mechanically.
19. Darker skinned area around the nipple.

20. \_\_\_\_\_ feeding can prevent engorgement.
  21. Infection of the breast.
  23. Newborns turn their face toward a stimulus and make sucking motion with their mouth.
  24. The hormone that stimulates the mammary glands to produce milk.
- Down**
1. Infants should return to birth weight within two \_\_\_\_\_.
  2. A signal that releases milk into the ducts; it may result in a tingling sensation.
  3. The process of milk production.
  5. Reduces infant risk of ear infections, respiratory illnesses and gastroenteritis.

6. Mouth open wide, lips flared out and chin touching the breast.
7. Breastfeeding should \_\_\_\_\_ be painful.
9. "liquid gold"
12. World Health Organization recommends \_\_\_\_\_ breastfeeding for the first six months of life.
15. Minimum amount of breastfeedings in 24 hours.
17. Breastfeeding moms should consume \_\_\_\_\_ hundred extra calories per day.
22. Breastfed infant's stools should change from meconium to transitional stools by day \_\_\_\_\_.