



Breastfeeding or Chestfeeding Education for You

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 Search for our online videos (modules), including:

- Why breastfeed or chestfeed?
- Safe skin-to-skin cuddling
- Expressing your milk
- The first two days
- Breastfeeding or chestfeeding in the early days
- The latch and milk transfer
- Positions for feeding
- Common concerns
- Lifestyle issues and breastfeeding or chestfeeding

