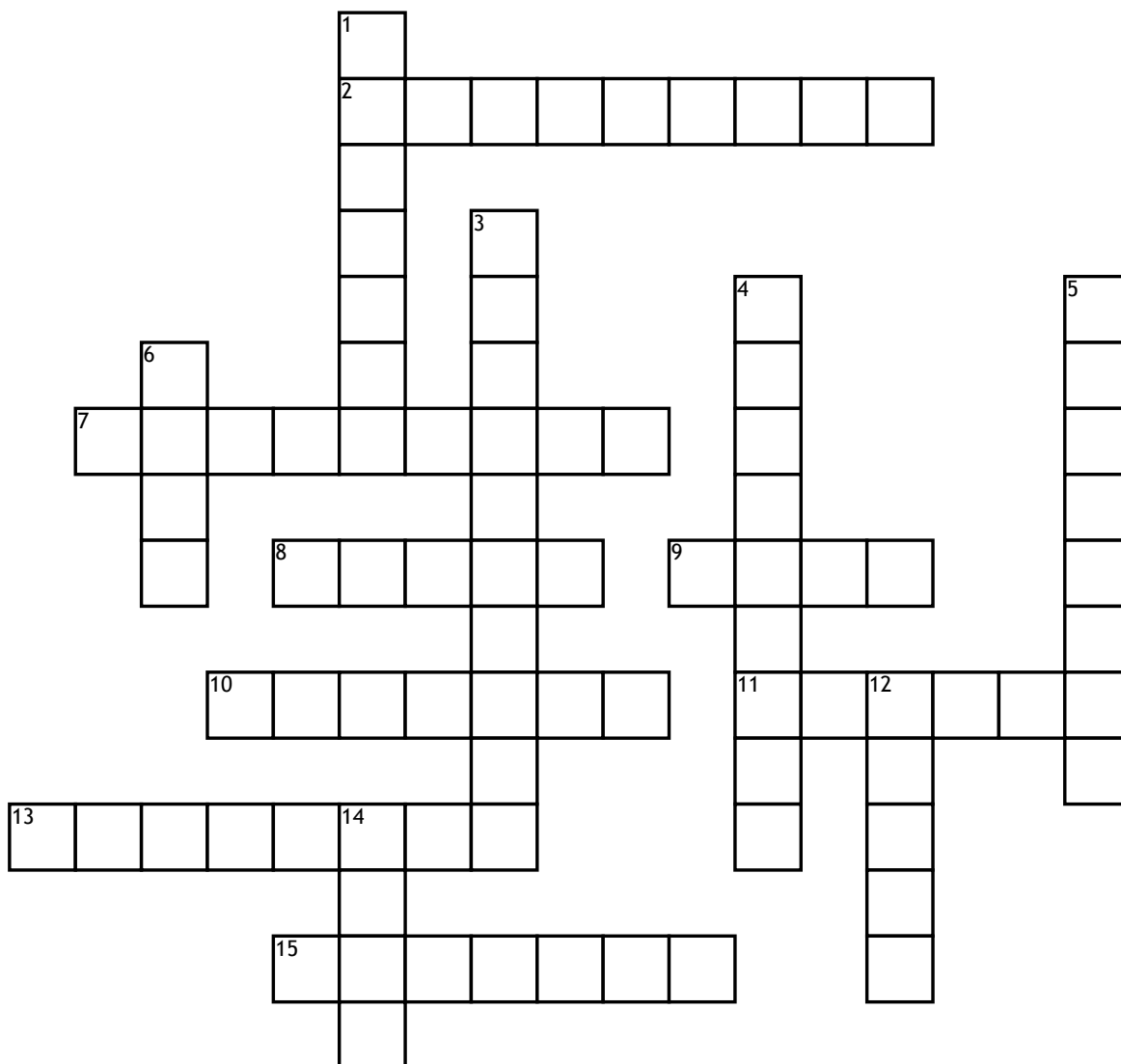


Name: \_\_\_\_\_

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

# Breastfeeding



## Across

2. The \_\_\_\_\_ of a woman's family members and friends about infant feeding can influence her choice about initiation of breastfeeding.

7. \_\_\_\_\_ is the early milk produced in the breast and serves as the baby's first immunization against disease.

8. A sign of a good latch is when the baby's \_\_\_\_\_ rests against the mother's body. The baby does not have to turn his/her head while swallowing.

9. Artificial baby milk is only a \_\_\_\_\_?

10. \_\_\_\_\_ in is an example of one of the WHO/UNICEF's Ten Steps to Successful Breastfeeding.

11. Breastmilk can be safely frozen in a deep freeze up \_\_\_\_\_ months.

13. The \_\_\_\_\_ causes the contraction of myoepithelial cells in the breast.

15. \_\_\_\_\_ can be "baby-led" or "mother-led"

## Down

1. Flu-like symptoms with a fever higher than 101 degrees could be a sign of \_\_\_\_\_.

3. Breast and nipple massage before and during all methods of milk \_\_\_\_\_ will aid in milk production and ejection.

4. Mother who choose to continue breastfeeding after the baby's first birthday need to be \_\_\_\_\_ in their decision.

5. Iron contained in human milk is very well \_\_\_\_\_ by the infant.

6. Do not use \_\_\_\_\_ on nipples or areola area.

12. A new born should be breastfed \_\_\_\_\_ to twelve times per day.

14. It is important to teach mothers to watch their baby carefully for \_\_\_\_\_ that their babies are ready to breastfeed.