

Better Feel and Flow Happen in the Comfort Zone

Pain is not a normal part of breastfeeding. There is an actual place in the baby's mouth nicknamed "the comfort zone," and when the nipple reaches there, breastfeeding is comfortable for mother and baby gets more milk.

There are several strategies for helping the nipple reach the comfort zone. But once you know what needs to happen, you may come up with your very own approach.

The Seven Natural Laws of Breastfeeding 3

1. Babies are Hardwired to Breastfeed
2. Mother's Body is Baby's Natural Habitat
3. **Better Feel and Flow Happen in the Comfort Zone**
4. More Breastfeeding at First Means More Milk Later
5. Every Breastfeeding Couple Has its Own Rhythm
6. More Milk Out Equals More Milk Made
7. Children Wean Naturally



1-866-634-AMEDA (26332)
www.ameda.com

Ameda and Beyond logo are trademarks of Ameda Company, Inc.
Approved Milk processors by: 1-800-368-8686 (Puritan, Inc.)
Breastfeeding Help: Single-Serve 10oz (300ml) or 16oz (473ml) Sterile Breastmilk
1-800-368-8686 (Puritan, Inc.)
1-800-368-8686 (Puritan, Inc.)
© 2010 Ameda