



FÉDÉRATION
Nourri-
Source

BREASTFEEDING POSITIONS

UNLIMITED AND CREATIVE

There are a multitude of possible positions. As long as there is no pain, the position is comfortable for both and the weight gain is good; then breastfeeding can continue in harmony.



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www.nourri-source.org

REFERENCE: LE PETIT NOURRI-SOURCE

7^e
édition

Photo : Annie Lachance, moments infir

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Photo : Audrey Des Roberts, photographe