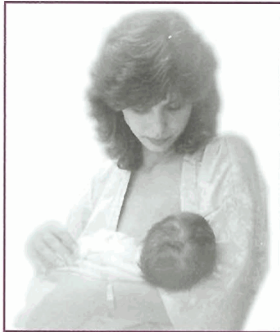


...for women's special needs

BREASTFEEDING



*W*omen's Health Boutique is for women, by women ... to meet your special healthcare needs, especially during pregnancy and after child birth. Our goal is to make this time very special for you. Come experience the unique ambiance of Women's Health Boutique ... "where dignity is free."

- Nursing Bras and Accessories ~
- Advanced Skin Care Products -
 - Breastfeeding Supplies -
 - ~ Manual Breast Pumps -
- Battery-Operated Breast Pumps -
 - ~ Electric Breast Pumps -

Also products for Prenatal/Postnatal Care, Pre- and Post-Breast Surgery, Wigs & Turbans, Compression Therapy



BREASTFEEDING

Frequently Asked Questions

Why should I breastfeed? Breast milk provides perfectly balanced nutrition for your baby and is ideally suited for a baby's immature digestive system. Breast milk provides your baby with important immune resistance to allergens and illnesses. Breastfeeding benefits the mother by causing the uterus to contract to the pre-pregnancy size more quickly and by producing the hormone prolactin, which stimulates relaxation.

Where can I get books and information about breastfeeding? In our Educational Library we carry a selection of books, videotapes and literature about successful breastfeeding. These resources can be checked out free of charge.

What if my nipples become sore or cracked? Correct your baby's latch on and sucking. Keep your nipples dry. Wear a good fitting nursing bra. Nurse more frequently. Alternate nursing positions. Massage your breasts. Avoid using soap on your nipples. We offer products that soothe and help heal sore, chapped or cracked nipples.

Is there a right or wrong style of nursing bra? Yes, you need a properly fitted nursing bra that supports your breasts adequately. A bra cup that is too tight can constrict the milk ducts, causing mastitis and discomfort. There are many styles available. Let our certified fitters assist you in finding the right fit for you.

Can I continue breastfeeding when I return to work? Yes, if you plan ahead, you can pump and store breast milk for your baby's nourishment. Today's breast pumps are designed for the working or active mother on-the-go. We even carry adapters suitable for travel, as well as manual and battery operated breast pumps.

Can I breastfeed if I have inverted nipples? Yes, breast pumps are effective in pulling out the nipple to allow the baby to latch on properly.

