

Breastfeeding Tip

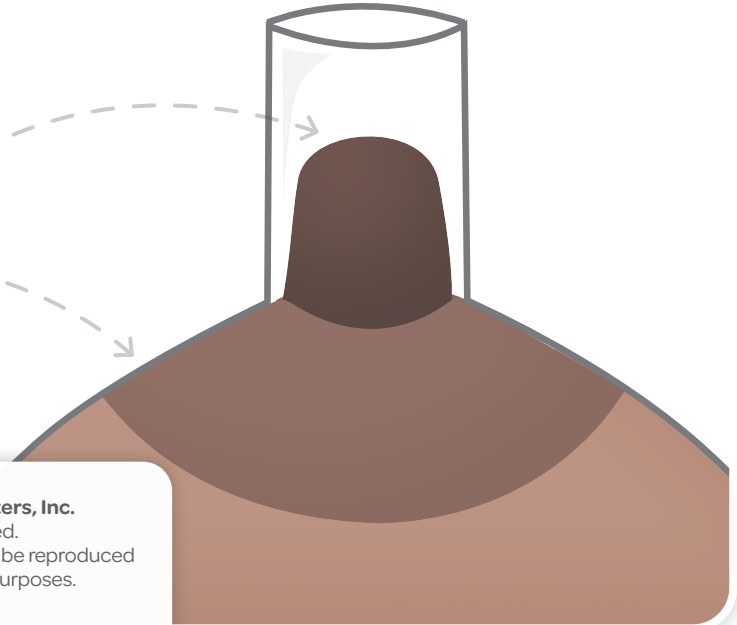
A good flange fit

prevents problems with sore nipples and helps to express more milk during each pumping session.

Signs of a good fit:

- nipple moves freely in and out of flange
- areola is not being pulled into the flange tunnel
- breast feels comfortable and empty after pumping

A flange (or breast shield) is the cone shaped part of your breast pump that makes contact with your breast.



© Nutrition Matters, Inc.
All Rights Reserved.
This tipsheet can be reproduced
for educational purposes.

Breastfeeding Tip

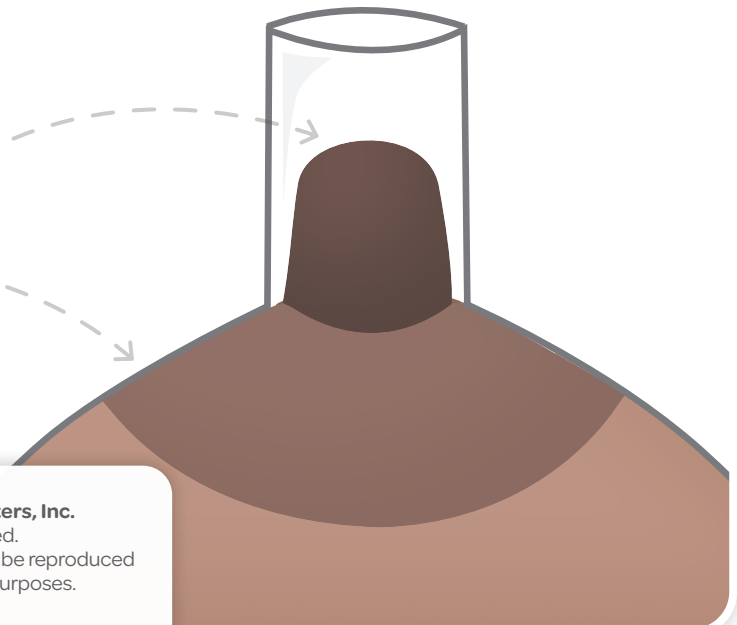
A good flange fit

prevents problems with sore nipples and helps to express more milk during each pumping session.

Signs of a good fit:

- nipple moves freely in and out of flange
- areola is not being pulled into the flange tunnel
- breast feels comfortable and empty after pumping

A flange (or breast shield) is the cone shaped part of your breast pump that makes contact with your breast.



© Nutrition Matters, Inc.
All Rights Reserved.
This tipsheet can be reproduced
for educational purposes.