



# "Milk Moments" Educational Topics

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2/16/2023 ["Ever Changing Milk"](#)

3/1/2023 ["Introduction to Bottle Feeding"](#)

3/15/2023 ["How to Increase Your Milk Production Part 1"](#)

4/5/2023 ["How to Increase Your Milk Production Part 2"](#)

4/19/2023 ["Baby Wearing"](#)

5/3/2023 ["Colostrum and Hand Expression"](#)

5/17/2023 ["Return to Work Part 1"](#)

6/7/2023 ["Return to Work Part 2"](#)

6/21/2023 ["Summertime and Water Intake"](#)

7/5/2023 ["Signs of a Good Feeding"](#)

7/19/2023 ["The Distracted Baby"](#)

8/2/2023 ["World Breastfeeding Celebration"](#)

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9/6/2023 ["Introducing Solids"](#)

9/20/2023 ["Body Mechanics and Breastfeeding"](#)

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11/15/2023 ["Surviving the Holidays"](#)

12/6/2023 ["Postpartum Mental Health"](#)

12/20/2023 ["Joy of Breastfeeding"](#)

1/3/2024 ["Gassy, Fussy, Baby"](#)

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