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## **Breastfeeding 101: Simple Steps to Success**

Excerpt:

Although you may already know all the benefits of breastfeeding for you and your baby, you may not know how to actually do it. This simple guide will provide physical steps to breastfeeding and troubleshooting tips for common breastfeeding challenges. You will not need all these details for long! Soon, you will get the hang of it and it'll become second nature. As you begin this wonderful experience there are a couple of points to keep in mind: 1) You can do it! and 2) It shouldn't hurt! If it does, work on correct positioning and latch and consult with a lactation specialist if needed.

**Breastfeeding: Step by Step (7 detailed physical steps to Breastfeeding with good positioning!)**