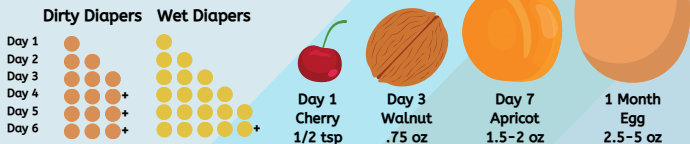


Is my baby getting enough?

Diaper output and weighted feeds are the best indication of whether your baby is getting enough

Size of baby's tummy!



Milk Storage

Breast milk is a living organism!
It changes based on your baby's unique needs!

Location	Fresh	Thawed
 Room Temperature (up to 77°F)	up to 4 hours Leftover previous feeding, 2h	1-2 hours
 Refrigerator (40°F or colder)	up to 4 days	up to 24 hours
 Insulated Cooler (59°F or colder)	up to 24 hours	up to 24 hours
 Freezer (0°F or colder)	best - within 6 months acceptable - within 12 months	Never refreeze thawed milk! Frozen milk that still has ice crystals can be refrozen.

Milestones


While age matters, NOT skipping a milestone is even more important!
If your little one has missed a milestone, our neurological testing pinpoints what might be delaying your kiddo.



Chiropractic care can help with every milestone, but it is especially effective for solving breastfeeding issues, which assures your baby can begin well!

Kelli Butler, DC, CACCP, IBCLC
Pregnancy, Postpartum, and Pediatric
Chiropractic Care
Board Certified Lactation Consultant

Advanced Vitality
Chiropractic
Wellness

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