

Tipps zur Steigerung der Milchmenge | Tips to increase the amount of milk | Conseil pour accroître la quantité de lait | Consigli per aumentare la quantità di latte | Tips voor het verhogen van de hoeveelheid melk

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Aufbewahrung von Muttermilch | Storing breast milk | Conserver le lait maternel | Conservazione del latte materno | Bewaren van moedermelk

- Academy of Breastfeeding Medicine (2010). ABM Clinical Protocol # 8: Human Milk Storage Information for Home Use for Full-Term Infants.

Doppelpumpen | Double pumping | Le double pompage | Tiralatte doppio | Dubbelzijdig kolven

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