

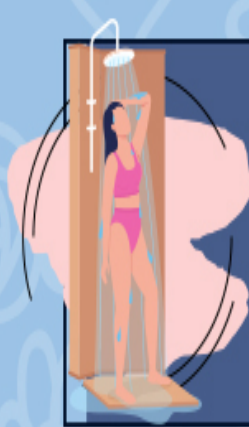
# Swimming During BREASTFEEDING

## ✓ Checklist To Follow ✓



Breastfeed your baby before going for a swim

Make sure to use a good nipple care cream



It is essential to shower after swimming

Check your nipples for dryness or cracks



If you feel dizzy or uncomfortable while swimming, exit the pool

If you are not feeling well, do not go swimming



Wear a supportive bra or breastfeeding-friendly swimsuit while swimming