

Formula Helped Breastfeeding

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1 to assist or aid someone to do something esp by sharing the work cost or burden of something he helped his friend to escape she helped him climb out of the boat

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helped serves as the simple past tense and past participle of help indicating an action that has been completed in English the verb has broadened in scope now encompassing various forms of

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help out to assist in an effort be of aid to her relatives helped out when she became ill

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