

Breastfeeding Tips

The Early Days

- Breastfeed frequently to help establish milk supply
 - Usually at least 8 times daily
- Position and latch are so important to help you be successful
 - This is hard! Don't get discouraged
 - We can guide and recommend lactation consults to help you with this process! (Insurance covers this)
- At this time, breastfeeding is a supply and demand relationship. The more your baby latches the more your body is signaled to create more milk.
- How to know if your baby is getting enough?
 - Feeding at least 8 times in a 24 hours period.
 - Breastfeeds for at least 10 minutes each time.
 - Having 6-8 wet diapers daily.
 - Having soft, yellow seedy stools.
 - Child is gaining weight.
- Milk supply usually regulates around 8-12 weeks.
 - Once this occurs, after feeding your breasts should feel less full and softer.
 - Hydrate, hydrate, hydrate! This helps with establishing supply.
 - EAT! Your body needs the extra calories to help produce the milk.

Breast Pain

- Cracked nipples, bloody nipples, sore or painful nipples can all be signs of a poor latch. Nipple cream can help soothe this while it heals, but getting the right latch will be the cure! These are signs that a lactation consultant could come in handy!
- Signs of mastitis
 - Breast tenderness or warmth
 - Thickening of breast tissues
 - Pain or burning sensation while breast feeding
 - Redness on the breast, often wedge shaped
 - Fever
 - Malaise
 - If you are experiencing any of these issues, please contact your OB!
- Clogged milk ducts
 - Feels like a tender, sore lump or knob in the breast
 - Usually occurs in one breast at a time
 - Keep feeding
 - Apply warm compress
 - Soak with warm water and massage the breast

Breast Feeding can be such a difficult journey! Yet it is also so rewarding. Please contact us for any help you feel you need along the way. We are happy to help! 😊