

7 helpful hints for solving breastfeeding problems

1 Breastfeeding has to be learned - Breastfeeding doesn't necessarily come naturally. For most mothers, it has to be learned. Some babies and their mothers learn quickly, others take a little longer. So if you're having difficulties with breastfeeding - ask for help from the Nursing Mothers' Association or your child health centre. Lots of mothers have the same problems. With a bit of help, you and your baby will enjoy breastfeeding.



2 Getting baby attached properly and in the right position - Getting baby in just the right position and attached properly is important for successful breast-feeding. If feeding hurts, your baby is almost certainly not “on the breast” or “attached” properly. The tip card “7 helpful hints for learning to breastfeed” tells you more about attachment and positioning.

3 How often does my baby need to feed? - It's best to feed whenever your baby seems hungry. When your baby is new, feed at least 8 times in 24 hours including during the night. As he grows, your supply and his needs will change and you may find that he doesn't need to be fed as often.

4 Do I have enough milk? -

Sometimes mothers feel that they don't have enough milk or that their milk is not good enough. Be reassured - your milk is the perfect food for your baby. If you feel that your baby wants more, let her feed as long or as often as she likes. The more your baby sucks, the more milk you will make. After a few days, your milk supply will build up to meet your baby's needs. A totally breastfed baby is getting enough milk if he or she has six to eight wet (cloth) nappies every 24 hours, is gaining some weight and seems alert and reasonably content.



5 **Sore breasts and blocked milk ducts** - When you first start making milk, your breasts may feel very full and uncomfortable. If a milk duct becomes blocked, your breasts may become sore. The milk banks up, and part of your breast may become tender, hardened and reddish. It can be caused by your baby not sucking properly or not being well positioned at the breast, a tight bra or clothing, or engorgement of the breast. Try feeding your baby more frequently or feeding in slightly different positions. Gently massage the sore part from behind and towards the nipple during the feed and if you need to, use a cold pack afterwards. If you feel unwell or if the problem persists for more than 24 hours, you need to see your doctor.

6 **Sore nipples** - It's normal for your nipples to be sensitive in the first few days of breastfeeding - but they will get better. Wash them only with water - soaps or shampoo will dry them out. A little breastmilk on the nipple allowed to air can help sore or dry nipples. If your nipples become very sore or cracked your baby may not be attaching properly when feeding.

7 **Where to get help** - Nursing Mothers' Counsellors can help you solve breastfeeding problems. Just like riding a bike or driving a car, it takes practice and support to learn to breastfeed. Remember - if it hurts, something is not right and you may need help.

Mother's milk. Perfect.



For help and information about breastfeeding your baby or membership enquiries call the Nursing Mothers' Association on 1300 302 201.