





Breastfeeding can be a challenge to new mothers. Many new mothers face difficulties and problems that can make them feel overwhelmed and discouraged, leading them to stop practicing this important bonding activity between a mother and her baby.

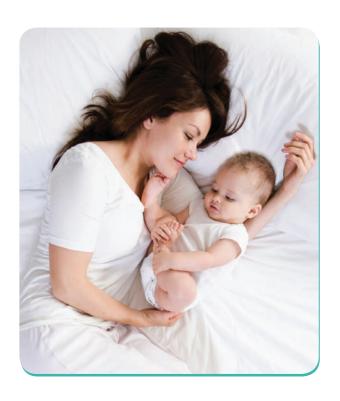
This summary will include some of the most frequent challenges and ways to overcome them, in order to help you enjoy breastfeeding with your baby.

### Potential Problem: Nipple Sore

#### The Suggested Methods and Solutions:

- 1. Ensure you are using the proper position
- 2. Position the baby close to you
- 3. Support your breast
- 4. Attach or latch baby onto your breast
- 5. It should be a pleasant experience. If you feel pain, detach the baby gently and try again





# Potential Problem: Low Milk Supply

#### The Suggested Methods and Solutions:

- · Feed your baby on demand
- Establish routine of expressing milk using hand or pump
- Use proper latching technique
- Make sure your baby nurses from both breasts during each nursing session
- Do not use a pacifier
- · Check-in with a Lactation Consultant
- Wear the correct maternity bra
- Eat oatmeal to help promote lactation
- · Avoid hormonal birth control
- Try to get a break or vacation. If all else fails, spend the weekend in bed with your baby without interruptions

## Potential Problem: Breast Engorgement

#### The Suggested Methods and Solutions:

- Try a warm compress before breastfeeding to let milk down, and a cold compress afterwards or during the day to prevent the swelling
- Use your hand or a pump to express a little milk and relieve a bit of pressure, but don't express too much
- Massage your breasts gently while nursing to help get the milk flowing
- Try feeding your baby in different positions. Try the cradle hold one time and the football hold at the next feeding, to ensure all milk ducts are being emptied
- Make sure your bra fits well and is not too tight
- Most importantly, feed your baby frequently
- If the problems persist, referral to a physician is recommended

