

BREASTFEEDING
SUPPORT



OTAGO & SOUTHLAND

Hāpai i ō hoa, i o whānau ki te whāngai ū
Support your partners, friends and whānau to breastfeed

Common Breastfeeding Concerns

7 Helpful Hints

1 *Breastfeeding may be natural, but it isn't always easy.*

Some babies and their mothers find breastfeeding goes smoothly from the start, but for others it takes a bit more time. So, if you're having any problems breastfeeding, ask for help.

2 *How do I know my baby is getting enough milk?*

When your baby is only having breastmilk (no other drinks or foods), you can tell whether your baby is getting enough by checking the number of wet and dirty nappies each day. Expect 6-8 wet cloth nappies or 5 heavily-wet disposable nappies in 24 hours. The urine should be pale and not strong smelling. After the first few days your baby's poos will be soft and yellow/mustard coloured. You may also notice that your baby is alert/content when not sleeping between feeds. He will also put on weight well and grow in length. If you have any concerns about your baby's development or your milk supply, ask for help. If your baby seems hard to wake, floppy and/or pale, then seek medical assistance.

www.breastfeedingsos.co.nz

3 *How often do babies need to breastfeed?*

Feeding your baby whenever she is hungry is the best way to make sure your baby gets enough milk and your supply is well established. Young babies need to feed often during the day and night. It is quite usual for a baby to feed 8-12 times or more in a 24 hour period.

4 *Is my baby latched properly?*

If breastfeeding is hurting you, then your baby is quite possibly not positioned or latching as well as he could be, and may not be getting as much milk as he should. Ask for some help.

5 *My breasts are sore and lumpy! What's happening?*

In the early days after your baby is born it's common to have some engorgement (feeling of fullness), and your breasts may feel very full and the skin may feel tight. When a milk duct gets blocked, you may feel a lump or firm area in your breast along with some redness on the skin of the breast. Feed your baby more often and use firm but gentle pressure behind the lump towards the nipple to help move the milk along the milk duct and remove the blockage. The milk from the blocked area is fine for your baby to drink. Try feeding in a different position and make sure that your bra fits well and is not putting pressure on your breast. If you start to feel unwell or the red area spreads, seek medical help.

6 *My nipples are sore/cracked.*

Many women feel tenderness or sensitivity during the first few days while they get used to their baby feeding, but it should not be sore or cause pain. If you are feeling pain, have cracks or soreness then get some help. Often this can be remedied by a change in your baby's position/latch. Ask for help as early as possible so the problem does not get worse.

7 *Where can I get help?*

If breastfeeding hurts, something is not right. The Breastfeeding Peer Supporters from Otago & Southland can help you. Visit our website for information and how to contact your closest Peer Supporter – www.breastfeedingsos.co.nz.