

# Common Breastfeeding Problems

## Problems during Breast feeding

- ❖ Breastfeeding is the most natural thing for every mother. Sometimes certain problems faced by mother results in stoppage of breastfeeding.
- ❖ Problems may be like sore nipples, inverted nipples, breast engorgement, flat nipples or not enough milk.
- ❖ Problems & their management:

### ○ Sore Nipples:

- Due to in correct position/attachment of the baby at the breast.
- Make sure that the baby's mouth is attached properly to the breast while feeding.
- Continue to breastfed, wash the breast once a day, wear loose clothing, and consult a doctor if problem persists.
- Continued feeding in incorrect position leads to cracked nipples and later to mastitis and breast abscess.



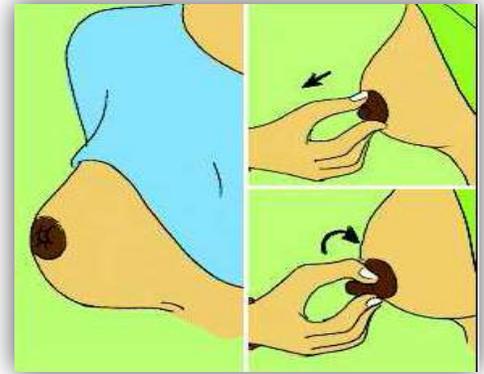
## Myths about Breastfeeding

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- ✚ *“You have to drink lot of milk to produce more milk”*- The production and quality of breast milk is not dependent on the milk intake solely. More suckling makes more milk.
- ✚ *“Small breasts will not produce enough”*- Being able to successfully breastfeed does not depend upon the size of the breast. Breast milk is produced by special glands which are present in all women.
- ✚ *“You have to stop eating certain foods during breastfeeding”*- If you are worried about particular food, eat a small amount each time and see if it causes any problem to your baby.
- ✚ *“I was not able to breastfeed earlier baby & I won't be able to breastfeed successfully even this time”*- A mother can successfully breastfeed the baby even if she was not able to breastfeed the earlier baby.

○ **Inverted Nipples:**

- Nipple that does not come out erect and on trying to pull out rather it goes deeper into the breast.
- For this, gently pull out the nipple and roll it. Do this several times a day. Consult doctor.
- In last trimester, breast examination and counseling sessions should be attended for its prevention.



○ **Breast Engorgement:**

- Fullness of breast is a frequent problem. If enough milk is not removed, engorgement of breast may result.
- The engorged breast is tight, shiny and very painful.
- To relieve breast engorgement, reduce pain and make the mother comfortable, ask mother to express breast milk to empty out breast and breastfeed frequently.



○ **Not Enough Milk:**

- First of all, check if there is a problem by finding out whether baby shows signs of not getting enough milk i.e., not gaining sufficient weight (adequate weight gain of 500gms per month), not passing sufficient urine (should pass urine more than 6 times a day), not satisfied after feeds, etc.}
- If there is a problem, breastfeed more often; the more the baby feeds, the more milk is produced.
- Make sure that the baby's position while breastfeeding is correct.
- The mother needs a nutritious diet and adequate rest. This will keep her healthy and also ensure enough milk for the baby.

