

Guide to Effective Breastfeeding for Mother and Baby



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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

