

Breastfeeding Basics

Breastfeeding Tips for New Moms

Breastfeeding can be a rewarding experience, but it might come with some challenges. Here are some simple tips to help you along the way.

Getting Ready for Breastfeeding

- Learn the Basics: Before your baby arrives, read, take classes, or watch videos about breastfeeding.
- Build a Support Network of friends, family, and professionals.
- Gather Essential Items: nursing bra, breastmilk leak pads, nipple cream, nursing pillow, comfortable chair, manual or electric pump, milk storage bags/bottles

Setting a Routine

- Begin Early: Try to breastfeed within the first hour after birth to boost milk production and bond with your baby.
- Nurse When Baby is Hungry: Let your baby nurse when they show hunger signs, like rooting or sucking fingers. (8-12 times per day)
- Find a Comfortable Position: Try different positions like cross-cradle, football holds, or side-lying to see what suits you and your baby.

Keeping Up Milk Supply

- Nurse Often: Frequent nursing helps maintain your milk supply.
- Rest as much as possible
- Stay Hydrated and Eat Well: Drink lots of water and eat a balanced diet to support milk production.
- If latching or other problems are a part of your journey, pumping with a manual or electric pump may be beneficial for a time.
- Talk to a trusted healthcare provider about recommended supplements before using them to increase milk supply.

Handling Common Issues

- Sore Nipples: Ensure a proper latch and use nipple creams, silver cups, or breast milk for relief.
- Engorgement: Nurse regularly (every 2-3 hours during the day and every 3-4 hours at night) with a good latch, switch sides between breasts, do gentle breast massage, and use warm compresses (before feeding) or cold compress (after feeding) for comfort.
- Blocked Ducts: Nurse or pump 8-12 times a day, massage gently toward the nipple during feeds, rest as much as possible, and stay hydrated

Getting Assistance

- Lactation Consultants: Reach out early if you face difficulties...they are a wealth of knowledge
- Support Groups: Join groups to connect with other moms and share experiences.

Self-Care

- Rest: Sleep when your baby sleeps so you can recharge.
- Be Patient: Remember, breastfeeding takes time to master.
- Stay Positive: Celebrate small victories and don't be too hard on yourself if things aren't perfect.

Breastfeeding is personal, so the most important tip is to do what's best for you and your baby