

Tackling breastfeeding problems

Breastfeeding is one of the most natural things, but it doesn't always come easily. With a bit of practice, some perseverance and a few pointers, it can get easier and become an enjoyable experience for mother and baby. Try these steps to help tackle breastfeeding problems.

- ✧ Try to make sure baby is latching correctly. Their mouth should cover more of the areola at the bottom of the nipple than the top.
- ✧ Talk to your midwife or health visitor if feeding is painful. Baby might not be latching properly.
- ✧ Try brushing baby's top lip against your nipple to open their mouth.
- ✧ Use nipple cream or expressed breast milk between feeds to soothe any pain or dryness.
- ✧ Try warm compresses if you have clogged ducts. See your GP, midwife or health visitor for more advice.
- ✧ Try to express by hand before feeding if milk supply is high or breasts are engorged.
- ✧ Try feeding more often if breasts become engorged.
- ✧ Breast milk works on a supply and demand basis. Keep feeding as often as you can early on to boost supply.
- ✧ If inverted nipples are an issue, speak to your midwife.
- ✧ Try and breast pump before nursing if inverted nipples are proving hard to latch on to.
- ✧ Try baby on the fuller breast for a more effective feed if they fall asleep during feeding.
- ✧ Try tickling baby's feet or removing a layer of clothing if they fall asleep too soon during feeding.



- ✧ Wear extra pads if you drop a feed. Breasts take a while to get the memo.
- ✧ Try and feed or breast pump more often, with guidance of a healthcare professional, if mastitis is an issue.
- ✧ Talk to your GP if you feel you have mastitis.
- ✧ Talk to your GP or lactation consultant if you're suffering painful letdown.
- ✧ Try different holds if a fast letdown is an issue or baby seems uncomfortable during feeds.
- ✧ Remember, breastfeeding problems should ease over time.

