

Having A Problem With Breastfeeding?

You're not alone — about a third of mothers experience breastfeeding challenges especially in the first few weeks. Time, practice and patience help most breastfeeding problems resolve happily.

3 simple rules protect breastfeeding when problems occur:

1 Protect the baby's growth by supplementing with your own milk:

Babies who are small, ill, or losing weight may fall asleep before getting enough milk from the breast. When the baby closes his or her eyes, switch breasts. When the baby falls asleep at the second breast (even if it is within just a few minutes) this is a sign in newborns that they have run out of energy. Stop nursing and begin to pump so that the breasts can be completely emptied at each feeding. Feed the pumped milk to the baby so that your baby can re-gain lost weight within 7-10 days of birth.

2 Protect your milk supply with "insurance pumping":

The first few weeks are a critical time for stimulating a full milk supply. If your baby is not nursing well, experts recommend double pumping for 15 minutes 8 times a day. Set the suction at the highest comfortable pumping pressure. Store extra milk in dated containers in the freezer for up to 3 months, or donate to a milk bank.

3 Protect breast focus:

Holding your baby skin-to-skin improves milk supply and calms both baby and mother. Letting your baby "comfort suck" ensures plenty of practice breastfeeding.

Ask for help!

- Free expert information on medications for breastfeeding mothers from The Infant Risk Center at Texas Tech Medical School: 806-352-2519
- Call your pediatrician or the hospital where you gave birth to speak to the lactation consultant.
- Or meet with an International Board Certified Lactation Consultant (IBCLC). Find an IBCLC at www.ilca.org.