

Breast Feeding

What to expect and common issues

Colostrum:

- First 1-5 days
- Baby nurses **around the clock** also known as “cluster feeding”
- Only a small amount of colostrum is needed to fill baby’s stomach
- Difficult to pump colostrum with electric pump – but your baby can extract it! Don’t be discouraged if you try to pump and nothing comes out

Latch:

- Babies have to learn to latch – no baby has perfect latch all the time as a newborn
- Look up videos before baby is born of what a good latch looks like, but keep in mind that the best way to tell if latch is good is if baby is growing/wetting diapers and mom is comfortable
- Nipple shields – can be used to help with premature, tongue tied babies or help during the period that baby is learning to latch. Sizes XS-Regular based on size of baby’s mouth. Can try out different sizes. Available through lactation consultant or at target, babies r us, etc

Sore Nipples:

- Sore, Burning, stabbing pain (“Knives”)
- Causes – baby learning to latch, friction, mastitis, yeast, milk blisters or “bleb”, clogged duct
- *Almost all moms experience some nipple pain* – some more than others
- Solution
 1. Latch issues – “sore” - use nipple shield as baby learns
 2. Friction – “burning/sore” nipple ointment after each feed, many different kinds – Lanolin, shea butter based, etc (can buy at Target, Babies R Us, etc)
 3. Yeast – “burning” – topical antifungal cream – call office for prescription for all purpose nipple ointment “APNO”
 4. Milk blisters/bleb – “stabbing/knives” – soak nipples in warm saline before feeds, make sure breasts completely empty by pumping after feed. Call office for APNO Rx (has pain reliever and steroid in it). Warm olive oil and put on a breast pad.
 5. Clogged duct – breast is a hard lump or rock like, can lead to milk blister/bleb. Warm compress, press on lump as baby feeds or turn pump up all the way and press on lump.
 6. **Masitis** – breast is red, warm, painful. Try warm compress for 1-2 d if no improvement call office for antibiotics. **If fever >100.4** call for antibiotics right way. Keep nursing or pumping during treatment.

When in doubt: call office for All purpose nipple ointment prescription – “APNO” . This is a medicated ointment with steroid and pain reliever that is safe to use when nursing. Must be filled at a compounding pharmacy. Insurance may not cover – check price with pharmacist.

Supplementing/Low supply:

- Pediatrician will let you know if formula supplementation is recommended – if you are worried your baby needs a supplement ask pediatrician before giving baby formula, they may not need it!
- If baby is producing wet and soiled diapers and is within acceptable weight loss range it is unlikely you will need any formula supplement
- Always nurse the baby or pump before giving the supplement.
- Some women’s milk takes longer to come in (up to a few months) and they will need to supplement during that time. This is uncommon but these moms are able to exclusively breastfeed after 1-3 months when milk supply increases (the majority of moms have full milk in a few days after delivery)
- Any amount of breast milk is good for baby’s health even if formula is also needed
- If your baby needs a supplement do not worry! If used appropriately supplementing actually increases breast feeding success!

“Tongue Tie”:

- Some babies born tongue tied – pediatrician will alert you. If this is the case will need nipple shield or pump until tongue tie corrected

Engorgement:

- Breast “overly full”, painful
- Mainly due to swelling, also excess milk as your body tries to match baby’s demands
- Solution: cold compresses or shower, cold cabbage leaves, pump as needed for comfort
- Baby may have difficulty latching if breast very hard – if so pump a little before feeds to soften breast

Resources to check out before you deliver or after:

- SCH lactation center – classes, shop, consults, support group 412.942.5875.
- Kelly mom- www.kellymom.com
- La Leche League – www.llli.org , meetings, support

South hills chapter - Meetings are on the second Thursday of each month, from 11 a.m.- 1 p.m. at Piccadilly Artisan Yogurt in Mt. Lebanon. Contact number (412) 965-8462
Also: Pittsburgh, North Hills, many other chapters can be found on LLLI website

Lastly! Some medications that were safe and fine in pregnancy **MAY NOT** be okay to use while pregnant. Please check with the pediatrician or your obstetrician before taking a new medication with nursing.