

Module 4A - Problems

B
R
E
A
S
T

Engorgment (this means breasts are too full and need to release milk).

F
O **R**

S **U** **C** **C** **E** **S** **S**

Module 4A - Problems

B
R
E
A
S
T

As soon as I go to breastfeed my other kids act up, get wild and need stuff.

F
O **R**

S **U** **C** **C** **E** **S** **S**

Module 4A - Problems

B
R
E
A
S
T

I am very very tired (I am too tired to think).

F
O **R**

S **U** **C** **C** **E** **S** **S**

Module 4A - Problems

B
R
E
A
S
T

My baby is eating all the time or too often!

F
O **R**

S **U** **C** **C** **E** **S** **S**

Module 4A - Solutions



The older kids may be jealous of the baby's special breastfeeding time. This doesn't mean don't breastfeed! Give each child one-on-one time every day while you are not breastfeeding. And when you are breastfeeding, give everyone a special job to help (bring water, bring burp rag, bring book to read). If the kids will listen to words, have them listen to a story you read or make up or play or color quietly at your feet and talk with them while you breastfeed. If you do not have another grownup right now or the kids will not listen at all, put each child in a safe-space-time-out just while you breastfeed the baby (their own room with door latched and closed or playpen or crib). If you must do this then after breastfeeding talk with them about having a better family time next time.



Module 4A - Solutions



Use warm compresses to breasts, pain relief (advil/ibuprofen or Tylenol), massage from outer breast gently in to areola to create nipple and express a little milk- then hand express or breastfeed if you can. Do this every 2 hours, follow with cool compress to the breast if it feels good. If you get the milk out your breasts will feel better. Don't give a formula bottle- that does not let your milk out and does not make your breasts feel better. Many women say hand expression is better than a pump at this time.



Module 4A - Solutions



Ask yourself how often is your baby breastfeeding, and how long per side? Breastfeeding every 1 ½ -2 hours (from beginning to beginning of feeding) is normal and a good sign! After 15 minutes each side you can release the baby from the breast (with your finger in his mouth) if he is not already released. ALSO -sometimes babies "cluster feed"- every hour for several hours, and then sleep a bit longer- that is OK too.



Module 4A - Solutions



Put the baby somewhere safe, take a 10 minute "power nap," and then have a hot or cold drink to get energy. If you have someone to help you ask them to make dinner tonight.



Module 4A - Problems



My baby has diarrhea.
There is a runny poop every
time I breastfeed him.



Module 4A - Problems



My baby sucks her hands and fist a lot.
Is he/she hungry or does she need
formula or a pacifier?



Module 4A - Problems



I have killer “period”
or “labor” cramps
every time I breastfeed.



Module 4A - Problems



Crying baby-
Why is my baby crying!
Does he/she need formula?



Module 4A - Solutions

B
R
E
A
S
T

Good for you for seeing early hunger cues- never wait till your baby cries to feed. If he/she licks, nuzzles, roots, or sucks hands or fingers, try a breastfeeding if it's been an hour since the last one. Pacifiers have zero calories, so don't give one now. Formula bottles lower your milk supply- avoid in the first two weeks unless the doctor or nurse says to give.

F
O **R**

S **U** **C** **C** **E** **S** **S**

Module 4A - Solutions

B
R
E
A
S
T

This is NORMAL and OK. If the poops are soft and/or runny and with every breastfeeding, then the baby is getting enough to eat and it is a GOOD sign. If the poops have blood or are pure water (like pee), call the doctor or nurse.

F
O **R**

S **U** **C** **C** **E** **S** **S**

Module 4A - Solutions

B
R
E
A
S
T

Your baby needs your breast milk, not formula. Check first if the baby is hungry- it may take a few tries to latch since hard crying means he/she is over-hungry. If the baby does not eat and you are sure it is not hunger, undress the baby to check him/her all over. Also check for a fever- if the temperature is over 100.4 F then call the doctor now. You can unwrap and re-wrap the baby, you can hold the baby skin to skin, you can hold him/her tummy down and gently pat his back. Get help now if the baby does not stop crying, or if you are worried or angry or too tired. Never never shake a baby.

F
O **R**

S **U** **C** **C** **E** **S** **S**

Module 4A - Solutions

B
R
E
A
S
T

Oxytocin (say "ox- eee- toe - sin") is the milk "let down" hormone. It also shrinks your uterus back to size fast, which is what is happening when you feel that (better and quicker than with bottle feeding). Take pain relief (ibuprofen/ Tylenol), use a warm towel on your lower belly while you nurse, and do your labor/Lamaze breathing. This pain gets better in about 2-3 days, and your uterus getting small helps your belly get small and your tummy get flat.

F
O **R**

S **U** **C** **C** **E** **S** **S**

Module 4A - Problems



My baby is very sleepy and has not eaten in 4 or more hours.



Module 4A - Problems



Module 4A - Problems



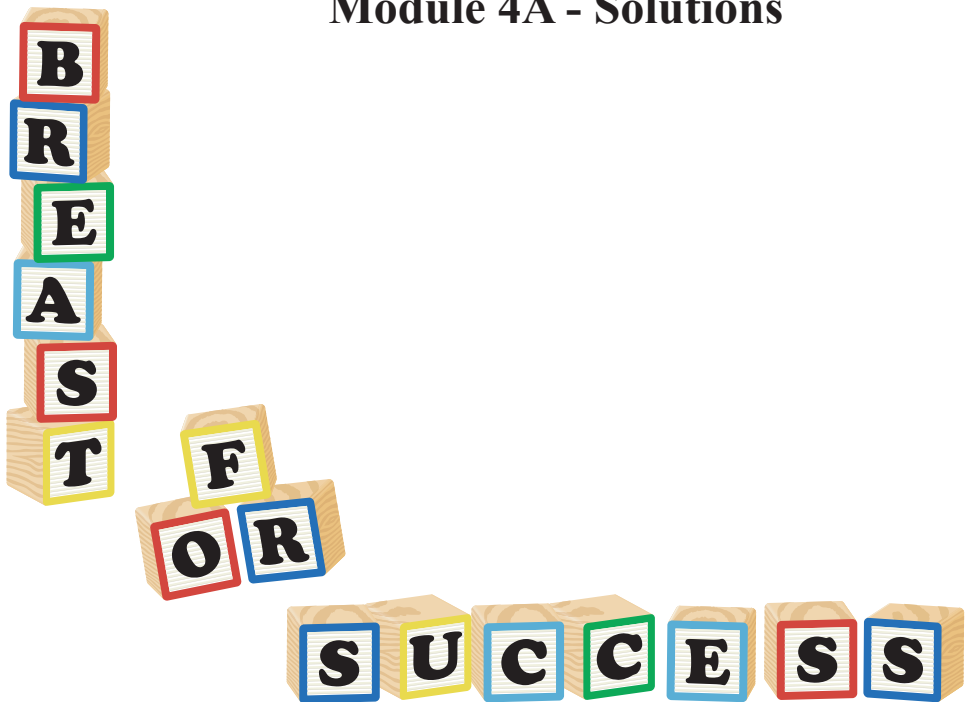
My nipples are killing me.
My nipples are starting to hurt a lot when I put the baby on the breast.



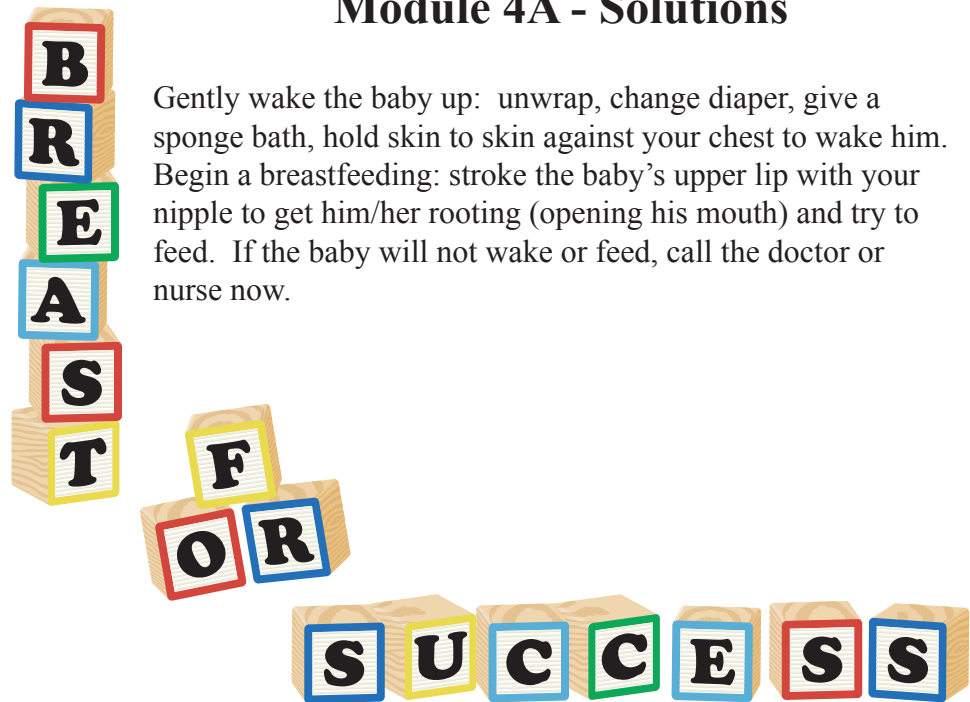
Module 4A - Problems



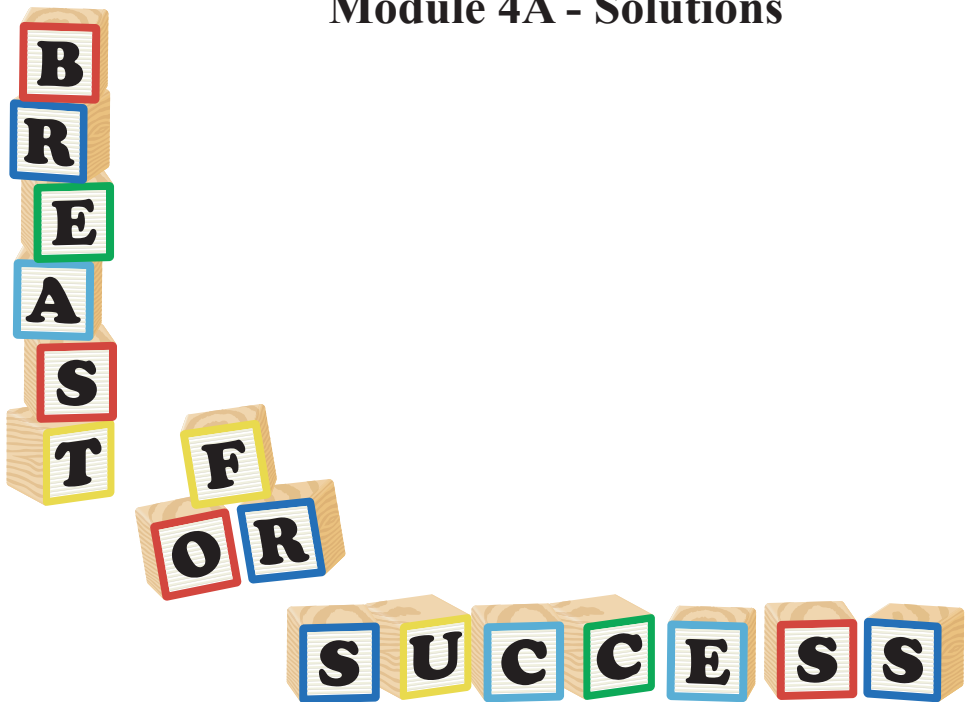
Module 4A - Solutions



Module 4A - Solutions



Module 4A - Solutions



Module 4A - Solutions

