



oil to nipples in such conditions. A plastic nipple is very useful in this situation.

For sunken nipples pull them out gently and often by hand. Place a soft rubber nipple-shield directly over the retracted or sore nipple for the baby to suck on. This helps the baby to breast feed. It also helps in bringing out the nipple.

Clean the nipple shield thoroughly before and after every feeding.

Some mothers get dribbling from the other breast if the baby is on one breast. But this is not a rule. No need to worry if dribbling is happening or not.

Think about this

- Often a baby is breastfed only after the third day. This starves the baby and affects the milk flow.
- Pre lacteal foods are given to many new born babies. Are these any good?
- Many babies are breast fed for 3 year.
- Many mothers are not sure if her baby is being fed adequately and hence they resort to top feeding.