

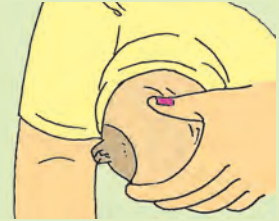
Managing Common Breastfeeding Problems

Sore nipples

Causes: poor latch-on or positioning at breast

Management

- Improve attachment and/or position.
- Continue breastfeeding (reduce engorgement if present).
- Build mother's confidence.
- Advise her to wash breast once a day; not to use soap for this.
- Put a little breast milk on nipples after feeding is finished (to lubricate the nipple) and air-dry.
- Wear loose clothing.
- If nipples are very red, shiny, flaky, itchy, and their condition does not get better with above treatment, it may be fungus infection. Apply gentian violet paint to nipples after each breastfeed for five days. If the condition does not improve, refer to a doctor.



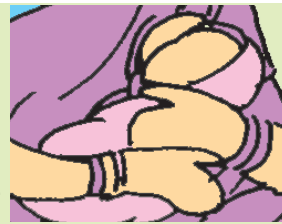
Inverted nipples

Sometimes the nipple will retract in to the breast, and can be checked even during pregnancy.

The best treatment is to encourage the mother to gently pull out the nipple and roll it, several times in a day.

Not enough milk

Causes: Delayed initiation of breastfeeding; infrequent feeding; giving fluids other than breast milk; mother's anxiety, exhaustion, insecurity; inadequate family support.



Management

- Decide whether there is enough milk or not:
 - ◆ Does the baby pass urine six times or more each day?
 - ◆ Has the baby gained sufficient weight? (During the 1st week there is usually a small weight loss, after that a newborn should gain 150-200 gm per week.)
 - ◆ Is the baby satisfied after feeds?
- Re-assure mother.
- If there is not enough milk, have the baby feed more often.
- Check breastfeed to observe mother attachment and positioning of the mother and baby.
- Encourage rest. Emphasise the mother to drink and eat more.
- Praise her and return for follow-up.