

Breastfeeding Tips Every New Mom Should Know

Breastfeeding is a beautiful bonding experience but can be challenging for new moms in Pakistan. These tips will help you navigate it with confidence.

Why Breastfeeding Matters

Breast milk provides essential nutrients and immunity. In Pakistan, where family support is strong, breastfeeding is culturally valued but needs practical know-how.

Top Tips

1. Get the Right Latch

A good latch prevents pain and ensures baby gets enough milk. Baby's mouth should cover most of the areola, lips flanged out. Consult a lactation expert if it hurts.

2. Find a Comfortable Position

Try cradle, football, or side-lying holds. Use pillows for support, especially during late-night feeds.

3. Feed on Demand

Newborns feed 8–12 times daily, every 2–3 hours. Watch for cues like rooting or sucking hands.

4. Stay Hydrated and Nourished

Drink water, lassi, or Rooh Afza. Eat nutrient-rich foods like daal, saag, and almonds, common in Pakistani diets.

5. Manage Engorgement

Full breasts are normal initially. Nurse frequently or express milk to relieve pressure. Warm compresses help.

6. Care for Nipples

Use lanolin cream or breast milk to soothe soreness. Avoid soap on nipples to prevent dryness.

Pakistani Tips

- **Family support:** Accept help from mothers-in-law or sisters for chores, allowing you to focus on feeding.
- **Cultural myths:** Ignore advice like “avoid spicy food”; eat a balanced diet unless baby reacts.
- **Privacy:** Use dupattas or shawls for modesty in shared homes.

Challenges

- **Low supply:** Stress or dehydration can affect milk. Relax, hydrate, and consult a doctor if concerned.
- **Pain:** Persistent pain needs professional help (e.g., Shifa International lactation consultants).
- **Work:** Express milk if returning to work; store in a fridge for 4 hours or freezer for 6 months.

When to Seek Help

See a pediatrician or lactation consultant for weight gain issues, severe pain, or latching problems.

Final Thoughts

Breastfeeding is a journey of patience and love. With support, you’ll find your rhythm.

Disclaimer: Consult healthcare professionals for personalized advice.