



Discomfort When Breastfeeding

I find that breastfeeding hurts a lot for the minute or so after my baby latches on. I know how important breastmilk is for her, but the initial pain makes me want to give up. Will this situation change?



Some new mothers feel more discomfort than others during different aspects of the breastfeeding process, and some women have more-sensitive nipples than others. Some feel, as you do, that the first few suckles of a breastfeeding session are uncomfortable.

It may help to know that most of these sensations fade after the first couple of weeks of breastfeeding. Other mothers dislike the feeling they experience as their milk lets down, but most mothers readily adjust to this brief “pins and needles” sensation.

It would be a shame to give up breastfeeding because of temporary feelings of discomfort. Hang in there for at least a week or two and then reassess how you feel.

If you have *severe* pain or discomfort that does not diminish as the baby settles into nursing, ask for help with latching on and request pain medication, if needed, that’s safe to take when breastfeeding.

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