



## Nursing Cramps

For a few days after delivery (</english/ages-stages/prenatal/delivery-beyond/Pages/default.aspx>), many women have cramping pain in the abdomen at the start of each feeding. This is because breastfeeding (</english/ages-stages/baby/breastfeeding/Pages/default.aspx>) stimulates the release of hormones (</English/ages-stages/baby/breastfeeding/Pages/Benefits-of-Breastfeeding-for-Mom.aspx>) that help shrink the uterus back to its normal size.



## How to Ease Nursing Cramps

You can ease nursing cramps by emptying your bladder before you start to breastfeed (a full bladder will make the cramps more intense). You can relieve the nursing cramps by not lying flat on your back; instead sit up “pretzel style” with your legs folded in front of you. This helps bring your uterus forward and relieves the pressure. You can also take a prescribed pain medication (</English/ages-stages/baby/breastfeeding/Pages/Medications-and-Breastfeeding.aspx>).

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**Source** Nutrition: What Every Parent Needs to Know (Copyright © American Academy of Pediatrics 2011)

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