

Time	Narration
00:02	Welcome to the <b>spoken tutorial</b> on the other reasons for not getting enough breastmilk.
00:09	In this tutorial, we will learn about:
00:12	The other reasons why a baby may not be getting enough breastmilk.
00:19	Recommended solutions for those reasons.
00:24	There are many reasons why a baby may not get enough breastmilk.
00:31	They are divided into 4 categories.
00:36	The first category is breastfeeding factors.
00:42	It is discussed in another tutorial in the same series.
00:48	The second category is the mother's psychological factors.
00:54	The third category is the mother's physical condition.
01:00	The fourth category is the baby's physical condition.
01:06	Let us start with the second category of reasons.
01:11	We will discuss 5 common psychological factors of mothers.
01:18	The 1st psychological factor is the mother's lack of confidence.
01:25	New mothers often question their ability to breastfeed properly.
01:31	Breastfeeding is a skill and it takes time to learn this skill.
01:38	Mothers must be patiently guided to learn the correct breastfeeding technique.
01:45	The 2nd psychological factor is the mother's worry or stress.
01:52	New mothers are worried about the baby's health.
01:57	Their worry increases in stressful times like a pandemic.
02:03	Worried mothers are often tempted to bottle feed.
02:09	Also, the stress affects their milk supply.
02:14	Mothers must have a supporting family to rest and relax.
02:20	Their doubts must be resolved by regular follow-ups with an expert.
02:27	The 3rd psychological factor is the mother's dislike of breastfeeding.
02:35	Some mothers do not prefer breastfeeding their baby.
02:40	This can result in the baby not getting enough breastmilk.
02:46	The 4th psychological factor is the mother's rejection of the baby.
02:54	Some mothers express strong negative feelings about the baby.
03:01	They dislike and regret the birth of the baby.
03:06	There is absence of affectionate behaviour such as kissing,
03:11	cuddling, etc.
03:15	They feel better when the baby is away from them.
03:20	In such cases, the mother may not breastfeed the baby at all.
03:26	The 5th psychological factor is the mother's tiredness.
03:33	New mothers are often sleep-deprived and
03:36	fatigued.
03:39	This may affect their breastmilk production.
03:44	It may also reduce the breastfeeding frequency.
03:49	Next, we will discuss the third category of reasons.
03:54	It is the mother's physical condition.

03:59	The mother may be using contraceptive pills or
04:03	blood pressure-lowering pills.
04:07	This may affect her breastmilk production.
04:12	In such cases, she should consult her doctor to help her out.
04:18	Another factor that can affect breastfeeding is the mother's pregnancy.
04:26	Some mothers stop breastfeeding when pregnant.
04:31	This may cause the child to not get enough nourishment.
04:37	Mother should know that it is safe to continue breastfeeding when pregnant.
04:44	The next factor is the mother's severe malnutrition.
04:50	It can affect the composition of the breast milk.
04:55	Also, the mother may be too weak to feed the baby adequately.
05:02	If the mother drinks alcohol, it can decrease her milk production.
05:09	The baby may not get enough breastmilk.
05:14	Another factor is the mother's smoking habits.
05:19	Smoking may decrease milk supply
05:22	and even change the composition of breastmilk.
05:28	The next factor is a remaining piece of the placenta in the mother.
05:34	It will not let the mother's <b>prolactin</b> levels rise.
05:39	<b>Prolactin</b> is a hormone that helps in breastmilk production.
05:46	Therefore, she may not be able to breastfeed adequately.
05:52	However, this is a rare cause detected by doctors.
05:58	Poor breast development is another factor that can affect breastfeeding.
06:05	Some mothers may not have enough of the milk-making tissues in their breasts.
06:12	Next, we will discuss the fourth category of reasons.
06:18	It is the baby's physical condition.
06:23	During sickness, the baby may stop breastfeeding
06:27	or vomit breastmilk.
06:30	Many newborns have dry mucus in the nose.
06:35	This blocks their nose and affects their breathing while breastfeeding.
06:42	Therefore, babies take their mouth off the breast frequently while breastfeeding.
06:50	Putting nasal saline drops in the baby's nose can help clear mucus.
06:57	Nasal saline drops are available in the pharmacy.
07:02	4 to 5 drops in each nostril 15 minutes before feeding will clear the mucus.
07:11	It is important to breastfeed frequently to help the baby heal faster.
07:19	Some babies are born with birth defects.
07:24	They include down syndrome,
07:27	cleft lip or palate and
07:30	congenital heart disease.
07:34	They can also have poor muscle development.
07:39	This will further affect their ability to suck.
07:44	Such birth defects can affect the baby's ability to breastfeed.
07:51	Exclusive breastfeeding is a must for a baby from birth to 6 months of age.
07:59	For proper growth, a baby should be fed enough breastmilk every day.

08:06	If there is any problem while breastfeeding, immediately consult an expert.
08:13	Ensure that the baby gets enough milk through breastfeeding.
08:19	<p>This brings us to the end of this tutorial.</p> <p>Thank you for joining.</p>