00:00 Welcome to this Spoken Tutorial on Nipple conditions in lactating mothers. In this tutorial, we will learn about- sore or cracked nipples and flat or inverted nipples. 00:15 The first nipple condition is- sore or cracked nipples. 00:20 It is a condition where mother develops cracked and bleeding nipples. 00:21 This causes the nipples to become itchy and dry. 10:23 Now, let's discuss the various causes of sore or cracked nipples which are- nipple feeding, 10:24 Inple feeding, 10:25 Inple feeding inple inple feeding. 10:26 Shay with tongue tie. 10:27 Nipple feeding is the first and foremost cause of sore or cracked nipples. 10:28 Nipple feeding, nipple gest rubbed on to the hard palate of the baby's mouth. 10:39 Baby pinches this nipple between the hard palate and the tongue. 10:30 Nipple feeding is the result of improper latching. 10:30 Nipple feeding is the result of improper latching. 10:31 Nipple feeding. 10:32 Note that we have discussed the correct latching technique in another tutorial of the same series. 10:38 Remember, sore or cracked nipples does hurt during correct latching. 10:43 If the mother continues with the correct latching technique then slowly and gradually it stops hurting. 10:43 If the mother has fungal or bacterial infection, she should consult the doctor. 10:44 Next, some mothers have a habit of cleaning the nipples before every feed. 10:55 Thus, this routine should be avoided. 10:61 Thus, this routine should be avoided. 10:62 Thus, this routine should be avoided. 10:62 Thus, this routine should be avoided. 10:63 Thus, preventing the organisms from baby's mouth to leak into the crack of the nipple. 10:63 Now it is a condition in which the tip of the baby's tongue is attached to the inner bottom part of the mouth. 10:64 Next is the baby with tongue tie. 10:65 Tongue tie is a condition in which the tip of the baby's tongue is attached to the inner bottom part of the mouth. 10:65 Now is such cases, mother should always consult the doctor.	Time	Narration					
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1 a mother has sore or cracked nipples, then the health worker should- examine the mother's breast and nipple, 1 a mother has sore or cracked nipples, tell the mother to express some breast milk with her hand before breastfeeding. 2 a lt will soften the breast and baby will easily attach. 3 a Apart from these, expressing will reduce the risk of infections, nipple fissure and mastitis. 3 Then guide the mother to attach her baby correctly to her breast. 3 Remember, breastfeeding frequency is one of the factors which determines the breast milk supply. 3 Therefore, mother should not stop breastfeeding. 4 During breastfeeding- she should begin to breastfeed on the side that hurts less. 4 If breastfeeding is still painful then she can express the breast milk using her hand and feed it to the baby with a spoon or a cup. 4 Also, apply few drops of hind-milk onto the affected area after each feed as discussed earlier. 4 Remember, not to use the following on sore or cracked nipples and even on healthy nipples-soaps, oils, lotions, balms and perfumes. 4 Prey may contain irritants. 5 It will worsen the condition if a mother has sore or cracked nipples. 5 It will worsen the condition if a mother has sore or cracked nipples. 5 It will worsen the condition hat we will discuss next is, flat or inverted nipples. 5 Always make sure that baby is latched on deeply while breastfeeding. 5 The nipple condition that we will discuss next is, flat or inverted nipples. 5 Always make sure that baby is latched on deeply while breastfeeding. 5 It is very important for the mother to understand the fact that flat or inverted nipple is not a hindrance to breastfeeding. 5 Always make sure that baby is latched on the inward direction. 6 It is very important for the mother to understand the fact that flat or inverted nipple is not a hindrance to breastfeeding. 6 Since, during correct latching, baby latches on to the areola and not on the nipple. 6 Since, during correct latching, baby latches on to the areola and not on the nipple. 6 Since, during	03:21	Now, let's discuss the treatment for sore or cracked nipples.					
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Thanks for joining		