

# Breastfeeding Tips



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- Print a new page for each day and keep track of your daily feeds and changes in feeding habits over time.
- Write down any changes you notice in your breasts - notice lumps, nipple soreness, engorgement, softness.
- If your baby breastfeeds from only one side, or does not feed so well on one side, make a note in your diary and ensure that your baby feeds from that side first at the next feed. Not all babies feed from both breasts at every feeding session. This is quite normal.
- Allow your baby to nurse as long as he/she wants to before offering the second breast. This will ensure that your breast is drained properly and your baby is receiving hind milk.
- Using a good positioning and attachment technique can help you avoid nipple pain and other breastfeeding problems. Speak to your health practitioner, call the Australian Breastfeeding Association or download our Breastfeeding Tips –Attachment and Positioning sheet for help.
- When detaching and trying again, avoid pulling baby from the breast. Instead, break her attachment by inserting your little finger into the corner of her mouth, between her gums, and gently remove her from the breast.
- During the early days when you and your baby are getting used to breastfeeding, it is important for you both to be as relaxed and comfortable as possible and feeds can take an hour or more.
- A nursing baby stimulates the breast to produce and store more milk. This principle of supply and demand is important to remember if you feel that you are not producing enough milk to satisfy your baby, or if you are experiencing an oversupply and engorgement. Your milk supply will adjust according to your baby's requirements.
- Learning to understand your baby's hunger signs allows you to start feeds before your baby becomes over - hungry, upset and difficult to feed. Crying is usually a late sign of hunger. First signs can include sucking on fingers/hands, turning their head from side to side looking for the breast, mouth movements (smacking of the lips or sucking motions). Learning hunger cues from your baby isn't always easy, so be patient with yourself and give it some time.