

BREAST/CHEST FEEDING RESOURCE LIST

BREASTFEEDING

The action of feeding a baby with milk from the breast:

Via baby's oral latch
Via expressed/pumped milk **
Via SNS
Via donor mil
Etc.

ENGORGEMENT

Caused by excess milk that has not been properly removed/expressed – usually related to improper latch or an over-supply. Breast/Chest firm to the touch with discomfort. Can lead to Mastitis if not relieved.

MASTITIS

Inflamed breast/chest tissue that may be infected. Causes pain, warmth, possible redness, fever, chills. Usually can be avoided if engorgement is treated properly and expediently

MASSAGE THERAPY

Can help relieve tension in baby that may be inhibiting their ability to properly latch.

Can help feeding parent relax and increase the release of oxytocin (hormone that encourages the let-down of milk).

Self-Massage – while nursing, pumping, expressing milk the feeding parent can encourage let-down and increase milk production by performing gentle breast/chest massage.

BENEFITS OF BREAST/CHEST MILK

It is the perfect nutrition for baby. Contains Antibodies that help baby fight off bad bacteria and viruses. May reduce the risk of diseases. Encourages Uterine contracting.

BREASTFEEDING SUPPORT

IBCLC's

Breastfeeding Support Center of WNY
121 Elm St. East Aurora, NY 14052
(716) 780-2662

The Care Connection Lactation & Wellness Center
3991 Harlem Rd. Amherst NY 14226
(716) 725-6370

Baby's Sweet Beginnings
231 Aurora St. Lancaster NY 14086
(716) 681-8100

TIPS FOR A GOOD LATCH

- Practice different positions.
- Nose to nipple – butt to armpit – belly to belly.
- Baby's mouth is open more than 90 degrees.
- Lips sealed to the breast/chest.
- Cheeks are rounded, no dimpling.
- No continued pain on the nipple, after initial tenderness subsides.



POSITIONS TO TRY

♥
BREASTFEEDING POSITIONS
#1 CRADLE



♥
BREASTFEEDING POSITIONS
#2 CROSS CRADLE



♥
BREASTFEEDING POSITIONS
#3 BACK LYING



♥
BREASTFEEDING POSITIONS
#4 FOOTBALL



♥
BREASTFEEDING POSITIONS
#5 AUSTRALIAN HOLD



♥
BREASTFEEDING POSITIONS
#6 INVERTED SIDE-LYING



♥
BREASTFEEDING POSITIONS
#7 SIDE-LYING CRADLE



♥
BREASTFEEDING POSITIONS
#8 SIDE-LYING



via Sakra World Hospital



via Breastfeeding USA

NIPPLE PAIN & TRAUMA REMEDIES

As many as 90% of new [breast/chest feeding parents] report some nipple soreness (1).
This is typically temporary, improving gradually as the days pass.

Remedies

- Use your milk - Breast/chest milk itself is believed to help in the healing process, as the antibodies in your milk have healing properties. Hand express a few drops, apply directly to painful areas & cracks, allow to air dry.
- Warm, moist heat – run a clean washcloth or cloth diaper under warm water & place directly over the nipples.
- Cold compresses – I love the Lansinoh TheraPearl 3-in-1 Breast Therapy Packs – reusable, can be used for heat or cold therapy.
- Nipple Creams – used to create a protective barrier, maintain hydration, & promote healing.
 - I love earthmama organics Vegan Nipple Butter – very clean, no weird odors, safe for baby to ingest, so no need to wash before a feed.
 - Motherlove Nipple Cream is also a great option!
- Silverette Silver Nursing Cups – small silver cups that fit over & protect nipples. Silver is a natural antimicrobial, antifungal, & antibacterial metal. Helps to heal & prevent cuts, wounds, cracks, soreness, & infections.

Prevention

- Nipple Creams – after each feed
- Silverette Cups – between nursing sessions as necessaryKeep dry & clean as much as possibleExpose nipples to air when possible.
- Cover with a protective layer as needed – such as nursing pads. You have the options of disposable, reusable, gel, & silicone.
 - I personally favor the reusable as it is more cost effective, there are no harsh chemicals coming in to contact with the breast, & less likely to cause irritation.
 - Reusable hydrogel pads can also be helpful for soothing, though they won't help much with leaks.
- Nipple shields – can be a temporary help when trying to determine & remedy a latch issue