

## NATIONAL BREASTFEEDING AWARENESS MONTH

### Latch On: 5 Breastfeeding Tips for Mom and Baby

We all recognize the benefits associated with breastfeeding but as the saying goes, “Nothing Worth Doing Is Ever Easy.” From pumping to latching, it is clear that this invaluable connection between Mom and Baby can have its share of challenges.

**1. Need Help? You’re Not Alone:** Your first breastfeeding session, post-partum, can be very overwhelming. Although mom’s natural instincts may set in, there are maternity nurses and lactation consultants available to coach you on positioning your baby and ensuring proper latching is achieved. After hospital discharge, Home Care is another great option; Maternal-Child Nursing continues breastfeeding support as mom and baby adjust to the home setting.

**2. YOUR Comfort Matters:** If you think finding the right position to sleep is difficult, it’s probably second to breastfeeding! A nursing pillow is strongly recommended to support the baby’s weight and provides more ease for better positioning. Keep in mind, nursing bras will become a standard part of your daily attire 24/7 (along with nursing pads to prevent unexpected leakage).

**3. Bedtime with Baby:** Nursing at night, while comfortable in bed, is a goal. Minimize interruptions, use a nightlight with calming music and wear a nursing nightgown or pajamas to make it easier. Lastly, put the phone down and enjoy your one-on-one time with your new baby!

**4. Keep Your Nipples Healthy:** Sore nipples are a common issue with breastfeeding, usually caused by poor latching. Interesting fact, breast milk is among the safest moisturizers available to soothe your nipples or the use of purified lanolin is helpful for your nipples to retain water and prevent dryness or cracking. Try to reduce the amount of soap, shampoo and other bathing cleansers that might further irritate the area.

**5. Milk Production Woes:** Breastfeeding is not as easy as mom’s may think but practice makes perfect, and you need to just give it time. Feeding frequencies vary but it’s usually every few hours for newborns. Keep in mind, the more often you breastfeed your baby, the body’s natural reaction is to increase the amount of breastmilk produced.



“Incorporating a healthy balanced diet, drinking plenty of water to replenish fluids, and rest are key factors in producing breastmilk,” according to **Community Care’s Director of Maternal-Child Health, Emily Bryant, RN, MPH**. “I also encourage nursing mom’s to visit a NYC Lactation Pod if you prefer breastfeeding in a safe, private, and comfortable space outside of your home.

### RESOURCES:



NYC Lactation Pods Locations  
<https://www1.nyc.gov/assets/doh/downloads/pdf/csi/community-lactation-room.pdf>

Rights of Nursing Mothers to Pump Breast Milk at Work – Information for Employers  
Source: NYS Department of Labor  
<https://labor.ny.gov/formsdocs/factsheets/pdfs/p709.pdf>

FAQs: Nursing Mothers in the Workplace  
Source: NYS Department of Labor  
<https://labor.ny.gov/workerprotection/laborstandards/nursing-mothers-faq.shtm>

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