

## Growth Spurts

Babies have some days when they seem hungrier than usual. These times are called growth spurts. When this happens, some mothers worry that they do not have enough milk. There is no need to worry. The more you feed your baby, the more milk you will produce.

## Sore Nipples

At first, most mothers feel a tug when their baby sucks. This can be a little uncomfortable. You should not experience any nipple pain. The most common cause of sore nipples is a poor latch. If your nipples are sore from a poor latch, you may find:

- The pain started 1 – 4 days after birth.
- The pain may be worse at the start of feedings, and then improves.
- Your nipples may appear pinched or misshaped after feedings.
- Your nipples may be damaged or bleeding. (Swallowing blood from your nipples will not harm your baby.)

To prevent and improve sore nipples make sure:

- Your baby has a wide open mouth and is latched on to the areola.
- Your baby's tongue is under the nipple and her lips are flared out.
- Your baby's head is tilted back a little so she can open her mouth wide.
- Your hand is positioned back from the nipple area and your fingers are not touching your baby's cheeks, chin or lower lip.

Check the information on how to tell if your baby is latched well on page 19.

If you have sore nipples:

- Gently rub expressed breast milk on your nipples after feeding.
- Air-dry your nipples following feedings. You may find it more comfortable to leave your bra flaps down as much as possible between feeds and wear a loose cotton T-shirt. You can also expose your nipples to air while you are sleeping.
- Keep your nipples dry and change nursing pads whenever they become damp.
- Breastfeed on the least sore side first until your nipple feels better.
- Try laid-back breastfeeding or try a different position. Refer to pages 12 and 16 for more information on breastfeeding positions.
- If you are sitting up, support your breast during the feeding.
- Get help to make sure your baby has a deep latch or to check what is causing your nipples to be sore.



If you do not feel some improvement within 24 hours or you notice redness, bruises or cracks call your health care provider for help. Check the *Getting Help* section on page 40 of this booklet.