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NURTURING BEGINNINGS

Breastfeeding troubleshooting.

Mastitis is a painful condition that can discourage breastfeeding if not properly managed.

● Symptoms of Mastitis:

- 📍 Breast pain, redness, and warmth.
- 📍 Fever, chills, and flu-like symptoms.

□ Prevention & Treatment Strategies:

- ✓ Ensure proper latch and emptying of the breast.
- ✓ Continue breastfeeding to clear blocked ducts.
- ✓ Apply warm compresses before feeding and massage the affected area.
- ✓ If symptoms persist, antibiotics may be required.

★ Evidence-Based Fact:

- □ The Academy of Breastfeeding Medicine recommends continuing to breastfeed during mastitis, as stopping can worsen symptoms.

Milk supply is often a top concern for new mothers. Here's how we can support them:



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★ For Engorgement:

- ✓ Apply warm compresses before feeding and cold compresses after.
- ✓ Encourage frequent nursing or hand expression to relieve pressure.
- ✓ Gentle breast massage can improve milk flow.

★ For Low Milk Supply:

- ✓ Encourage frequent breastfeeding—milk production follows the demand-supply principle.
- ✓ Ensure proper latch and complete breast emptying at each feeding.
- ✓ Recommend skin-to-skin contact and stress reduction techniques to promote oxytocin release.

✍ Discussion:

→ *How can we reassure a mother who fears she isn't producing enough milk?*

(Hint: Explain normal newborn feeding patterns and signs that the baby is getting enough milk, such as wet diapers and weight gain.)

Breastfeeding isn't just physical—it has a strong emotional component. Many mothers experience anxiety, guilt, or even postpartum depression related to breastfeeding.

👤 How Can We Support Mental Well-being?

- ✓ Normalize mixed emotions about breastfeeding.



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- ✓ Offer non-judgmental support if a mother chooses formula feeding.
- ✓ Connect struggling mothers with lactation consultants or peer support groups.

✦ Evidence-Based Fact:

→ Studies show that maternal stress **reduces oxytocin release**, leading to poor milk let-down. Encouraging relaxation techniques can significantly improve breastfeeding success."

✍ Discussion:

→ *What strategies can we use to support a mother feeling overwhelmed by breastfeeding challenges?"*

Let's recap today's key takeaways:

- ✓ Breastfeeding success is based on **proper latch, frequent feeding, and maternal confidence**.
- ✓ Common challenges like **low milk supply and mastitis** can be managed with evidence-based techniques.
- ✓ Maternal mental health plays a crucial role in breastfeeding outcomes.

✦ Final Reflection Question:

→ *How can you improve the way you support breastfeeding mothers in your practice?*

Thank you for your time, and let's continue advocating for evidence-based postpartum care!"



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