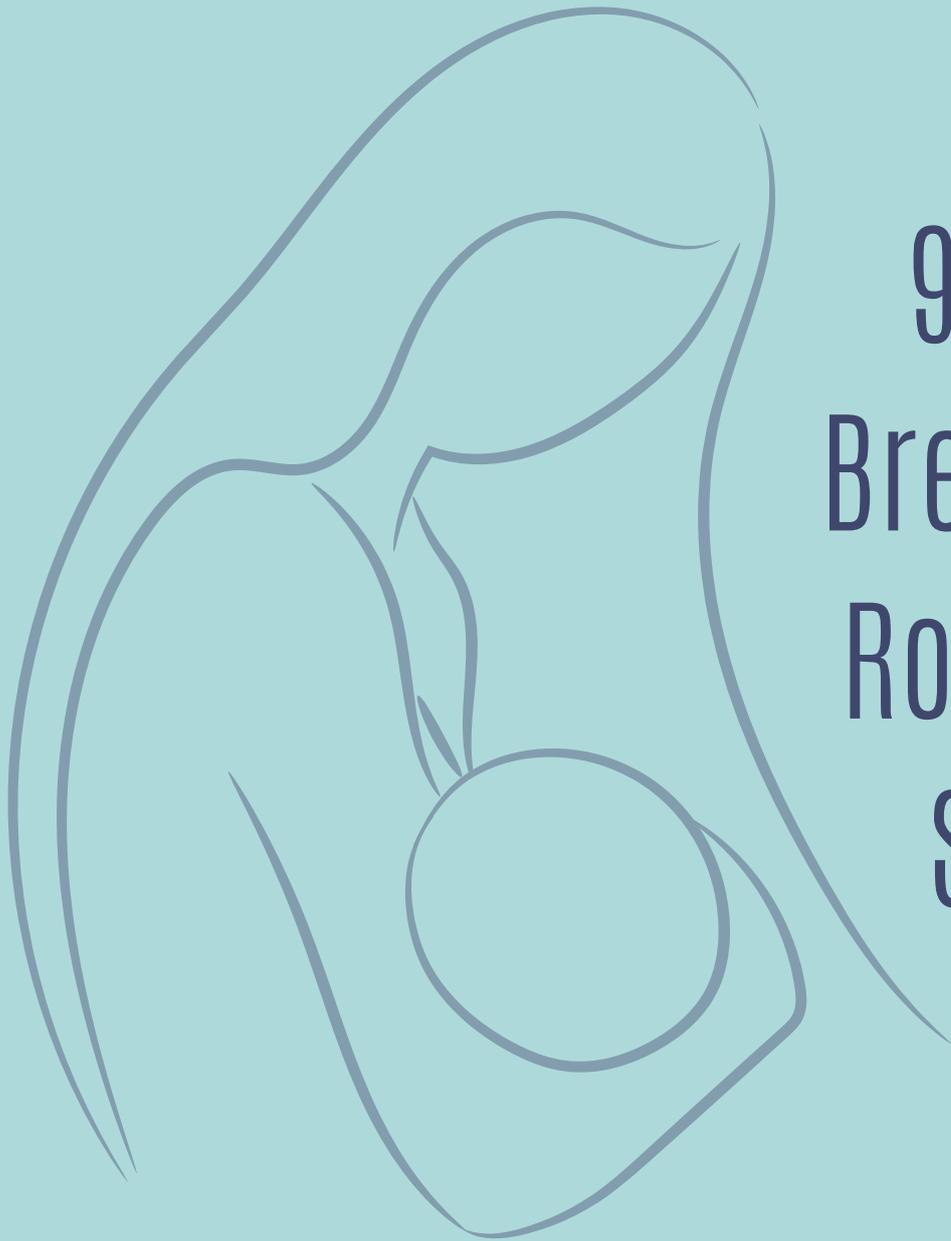




# BREASTFEEDING FIXERS



## 9 Common Breastfeeding Roadblocks & Solutions

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# If you're reading this book, then you are likely a new mom and you are wondering how important breastfeeding is to you and your baby.

Maybe you're trying, but it's just not working and you're ready to give up. Or maybe you're even starting to question your abilities as a mother as this most basic instinct seems to leave you and your baby frustrated and unfulfilled.

It doesn't have to be this way.

Breastfeeding is one of the most beautiful things that you can share with your baby and for every challenge, there is a solution.

There is no question that breast milk is best. You've likely seen the articles and read the statistics that credit breast milk with everything from a strong bond to a healthy body to boosted brain power.

Don't give up! There is likely a very simple cause for the challenges you're facing at feeding time and an even simpler solution!

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I wrote this book because nothing compares to the deep bond that is forged between a mother and her child during breastfeeding. I have watched women give up and then experience massive regret when there was no need to switch to formula. Usually just a few quick tweaks can make all the difference for your baby and your feeding experience.

As a mom of four, I was lucky to breastfeed with ease. It wasn't until I began to offer labor and post-delivery doula services that I realized how many new mothers struggle terribly to do what our bodies are meant to do! Over the span of my 30 year career I have watched as exhausted parents struggled to understand their baby's symptoms and struggles.

Rest assured, there is nothing wrong with you. In most cases the answer is simple and cannot be found on internet boards and mommy blogs. While those platforms can offer a sense of community and tremendous support, they can also be misleading as you are only seeing one person's experience. Breastfeeding, however, is a very unique and individual journey.

Your history, your birth story, your biology, nutrition and even your hormones can all be factors that are contributing to the problem and they can all be factors that lead you to the solution.

In my day-to-day work, I witnessed as women felt the powerlessness and despair of not being able to feed their babies. I wanted to help ease their pain, so I became an international board certified lactation consultant. That allowed me to explore each patient's unique situation on a deeper level,

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and I was astonished at how many different factors can determine if breastfeeding will be a struggle or a success.

What I found is that there are 9 common roadblocks and beliefs that should be addressed right away in order to make sure that your baby is feeding properly and thriving as they should. Each of these are circumstances that can be quickly caught and quickly remedied, allowing for a beautiful and nurturing experience for both you and your precious baby.

Here are 9 easily fixable signs that you need a breastfeeding solution specialist:

**1. Sleepy baby at the breast:** If your baby falls asleep quickly at the start of feeding and resists waking up, it could mean that the baby is lacking the energy it needs to do the job! By sleeping, he is preserving his energy.

**Tip:** Undress the baby, and allow him/her to continue the feeding in only a diaper. Wake the baby up over and over and express milk into the baby by massaging the breast. This takes some of the workload off of your little one. And rest assured, skin-to-skin contact will keep your baby warm!

**2. The baby won't or can't latch on:** If the baby cannot seem to latch on it could mean simply that the position isn't correct. One quick tweak can fix this. Often women try to move their breast when actually the baby should be moved. Other causes (all fixable) include the baby being tongue-tied or the mom experiencing engorgement, which blocks the baby's ability to extract the milk.

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**Tip:** Line up your baby with you, tummy to tummy and nose to nipple to allow for easy reach and bring baby to the breast, supporting the head but not pushing the head into the breast while bringing your baby closer to the breast by applying pressure to the shoulder blades as if the baby was being pulled in for a hug and make sure the top and bottom lips are well flanged.

**3. Plugged milk ducts or mastitis:** In this case, your milk is blocked! When a milk duct gets clogged, the baby can have difficulty extracting the milk thoroughly. Proper alignment can help as can additional pumping or massaging after the feeding has ended. Mastitis is a breast infection caused by backed up milk.

**Tip:** Point baby's chin towards the clogged duct. Massage the blocked area while feeding to help move the milk out. You can also continue to massage the breast and hand express or pump after feeding.

**4. Nipple pain or trauma:** Cracked, bleeding nipples and shooting pain. No fun! But totally fixable. Sometimes this can be caused by a tongue-tied baby working too hard, a breast infection or a yeast infection. At this point it may be necessary to consult an expert as the solution will be unique to the cause.

**Tip:** Apply breastmilk and/or organic coconut oil to the nipple after feeding. This can help tremendously if the issue

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is topical, but a deeper infection requires further treatment. Be sure to ask for help so that you can be positive that you are treating the right problem!

**5. Baby always hungry:** If your baby seems to want to feed 24/7, it could mean that the baby is not getting enough food at each feeding. Being a slave to breastfeeding is not practical in our busy lives and can be very frustrating. Sometimes this is caused by a low milk supply from you or a growth spurt from your baby.

**Tip:** Massage the breast to express more milk and to encourage the suck/swallow combination. If needed, consult a Lactation expert to determine the cause.

**6. Jaundice:** If your baby is exhibiting a yellow skin tone and yellow eyes, he could be experiencing jaundice. It could mean that the baby is not transferring enough milk or it could be caused by birth trauma and have nothing at all to do with your milk!

**Tip:** Don't guess! The baby will need to be under the care of a consultant to ensure that they are getting the nutrition they need. It may look like they are eating, but they may actually be struggling or pacifying.

**7. Late pre-term 35-37 weeks gestation:** A baby born in this time frame will act like a preemie. They won't quite have mastered their suck/swallow skills and may be sleepy at the breast. They need close follow-up care to make sure they thrive.

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**8. Breast augmentation or reduction:** If you have had either of these surgeries, there is a chance that you've experienced some nipple trauma. You will need to be pro-active in finding out if milk production is an issue because a low supply or a traumatized nipple will affect the baby's ability to thrive.

**9. Delayed onset of milk supply:** The baby is ready, but your body is a bit behind! A delayed onset simply means that your milk hasn't come in yet. Sometimes a late onset is due to the type of birth, the amount or kind of fluids and drugs administered or even hormonal imbalances caused by a retained placenta accidentally left in the body. A tiny piece of placenta left behind can trick your body into thinking you are still pregnant. If by day 3-5 the baby is sleepy, has little or no wet or dirty diapers and is not staying active at the breast, this issue needs to be addressed.

**Tip:** Increasing your intake of healthy food and fluids can begin to set the wheel of milk production in motion, as well as proper amount of stimulation 8-12 times in a 24 hour period which will signal your milk supply to increase.

By now I hope you can see that there is no reason to give up. Every problem has a concrete cause and a simple solution that is unique to your body and your baby's. The benefits of breastfeeding are long term. Breast milk changes as your baby's needs change. It reacts to their little bodies. As the baby grows, the milk is specifically designed for that time in the baby's life. If a baby is ill, the bacteria that builds up in their

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body transfers to the breast through breastfeeding, causing the breast to then create antibodies to fight what the baby sent in. Finally, breastfeeding is a beautiful, natural way for you to create a deep and lasting bond with your child.

It is my mission to empower women to nurture their children with breastfeeding. If you are experiencing any of the challenges above or if you have questions, please contact me for a complimentary Q and A session. Send an email right away to **breastfeedingfixers@gmail.com** or call **760-533-7953**. This should be a blessed and happy time for you and your family. I can help you be a breastfeeding success story!

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