

50 Practical Evidence-Based Tips for Empowering New Nursing Moms

The transition to motherhood is a pivotal and often overwhelming time, particularly for new nursing moms. Breastfeeding can be an incredibly rewarding experience, but it also comes with its fair share of challenges. This comprehensive guide, meticulously crafted by healthcare professionals, provides 50 practical evidence-based tips to empower new nursing moms on their breastfeeding journey.



Self Care: The Breastfeeding Edition: 50 Practical, Evidence-Based Tips to Support New, Nursing Moms

by Barbara Ehrenreich

★★★★☆ 4.7 out of 5

Language : English
File size : 448 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 153 pages
Lending : Enabled



Section 1: Managing Common Challenges

1. Sore Nipples:

- Apply warm compresses or breast milk to soothe pain.
- Use nipple shields to protect sensitive areas.



2. Engorgement:

- Pump or hand express small amounts of milk to relieve pressure.
- Wear a supportive nursing bra that fits well.



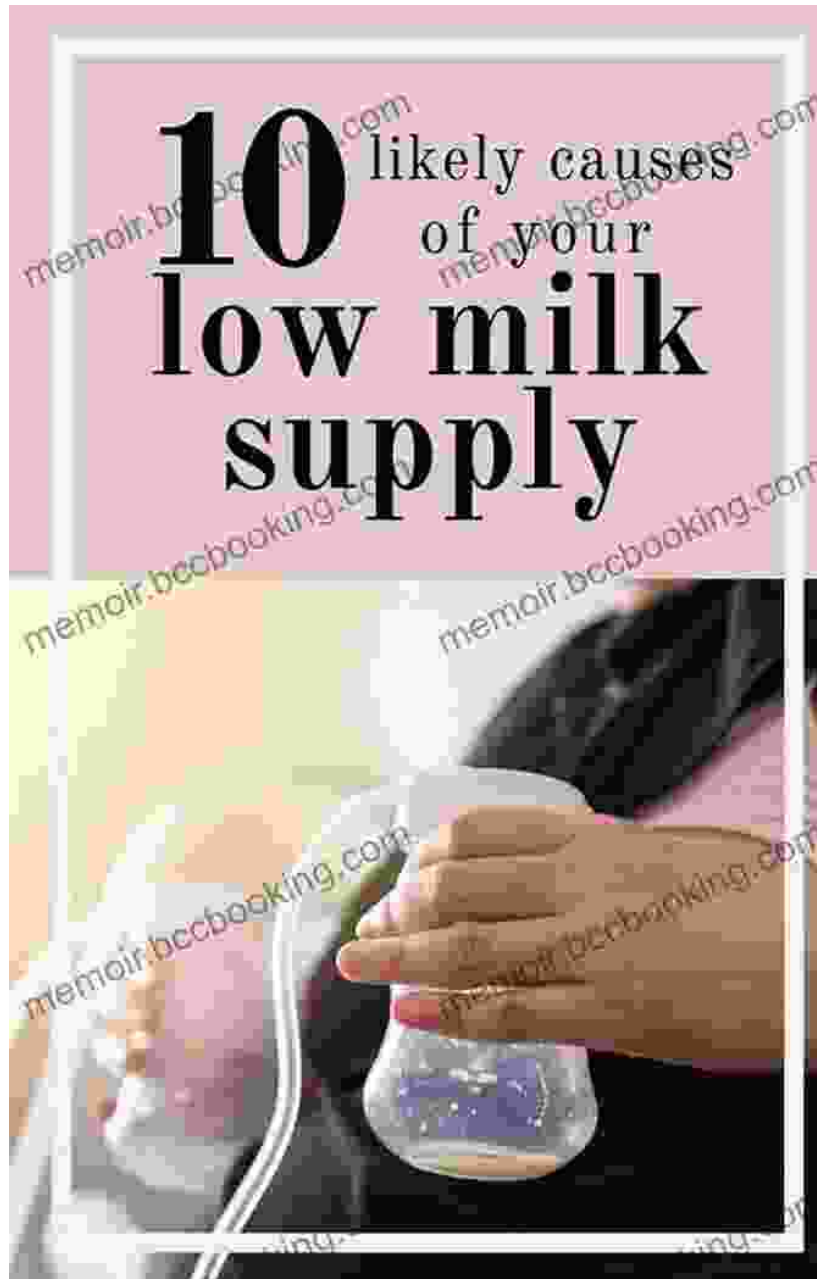
3. Mastitis:

- See a healthcare professional promptly for antibiotics.
- Continue breastfeeding on the affected breast if possible.



4. Low Milk Supply:

- Nurse frequently and on demand to stimulate milk production.
- Consider consulting a lactation consultant for personalized advice.



Section 2: Enhancing Comfort and Well-being

5. Support from a Nurse or Lactation Consultant:

- Seek professional guidance to address concerns and improve breastfeeding techniques.

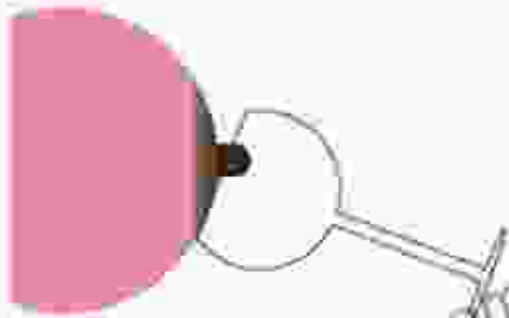


6. Proper Latch:

- Ensure the baby's mouth covers the entire areola.
- Look for signs of a good latch, such as a relaxed jaw and audible swallowing.

Proper baby latch

The lower jaw



Baby's mouth is cupping the breast from the base to the top.



His lower jaw should be dropped down enough to catch the areola base.

www.breastfeedo.com

7. Optimal Breastfeeding Position:

- Choose a comfortable position that supports both you and the baby.
- Experiment with different positions until you find one that works best for you.

BREASTFEEDING POSITIONS



CRADLE POSITION



CROSS-CRADLE POSITIONS



FOOTBALL HOLD



LAI D BACK POSITIONS



SIDE LYING

8. Breastfeeding in Public:

- Remember that breastfeeding is a natural and protected right.
- Use a nursing cover if desired for privacy.



Section 3: Nourishing the Nursing Mom

9. Balanced Diet:

- Consume a nutritious diet rich in fruits, vegetables, and whole grains.
- Stay hydrated by drinking plenty of fluids, especially water.


Looking after yourself **PART 2**


Eat a well-balanced diet!

Healthy eating tips!


Not eating well can lead to...


- Unhealthy changes to your weight
- Mood swings
- Reduced mental health
- Physical exhaustion

Drink plenty of water 

Eat regular meals 

Avoid eating when stressed


Limit junk food 

Eat more vegetables, fruit and protein 

Don't skip meals

Pay attention to how much you eat

It'll make you feel healthier, stronger and ready to take on any stress that comes your way!



10. Rest and Recovery:

- Prioritize rest and sleep whenever possible.
- Delegate tasks to others to lighten your workload.

Self-Care

Cheat Sheet

Self-care isn't rocket science.
Here's all you need to know:

1 Get Some Rest

You probably need to sleep more. Who doesn't? 7-8 hours a night. Nap if you can. Make it a goal to tell yourself "resting now" at least once a day. Yeah. For real.

4 Be Still

Take 10 minutes every day and just breathe. Learn to meditate. Get quiet. Center yourself. Count your blessings. Express gratitude. Forgive yourself & others. Watch your life change.

2 Fuel Your Body

If you're eating junk, living on caffeine & feeling like a zombie, stop it. Plants. Lean protein. Healthy fats. WATER. Whatever makes you feel vibrant.

5 Speak Up

No one can read your mind. If you need something, ask for it. If something pisses you off, say so (respectfully). Stand up for yourself. Be the friend you deserve.

3 Move It

Do what feels good to you. Dance in the kitchen. Jump on a trampoline. Swim, bike, walk, run. You don't "have" to sweat it out in a gym. Just MOVE.

6 Enjoy Yourself

Life's too short! Do something every day that makes you laugh. Talk to friends. Play. See a movie. Join a club. Take a class. Live your life!

HonorYourselfNow.net

11. Emotional Support:

- Connect with other nursing moms through support groups or online forums.
- Talk to family, friends, or a therapist to process your emotions.



12. Self-Care:

- Take time for activities that nourish your physical and mental well-being.
- Don't hesitate to ask for help when needed.



Section 4: Ensuring Baby's Health and Development

13. Monitoring Baby's Weight:

- Regularly weigh your baby to ensure they are gaining weight appropriately.



14. Recognizing Hunger Cues:

- Look for signs that your baby is hungry, such as rooting and sucking on their fingers.
- Feed your baby on demand rather than following a strict schedule.



15. Burping the Baby:

- Burp your baby frequently to remove swallowed air.
- Use different burping positions to find what works best for your baby.



16. Skin-to-Skin Contact:

- Bond with your baby through skin-to-skin contact.
- This helps regulate your baby's temperature, heart rate, and breathing.



Navigating the journey of nursing motherhood can be challenging, but it is also an incredibly rewarding experience. By embracing these 50 evidence-based tips, new nursing moms can overcome common obstacles, enhance their well-being, and ensure the health and development of their little ones. Remember, you are not alone on this journey, and support is always available to you.

Free Download your copy of "50 Practical Evidence Based Tips To Support New Nursing Moms" today to empower yourself with the knowledge and confidence you need to thrive as a new nursing mom.



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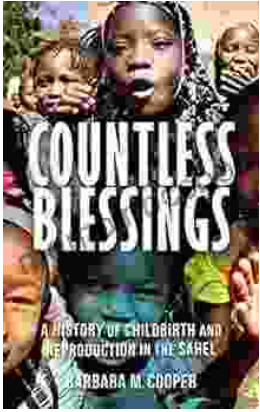
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