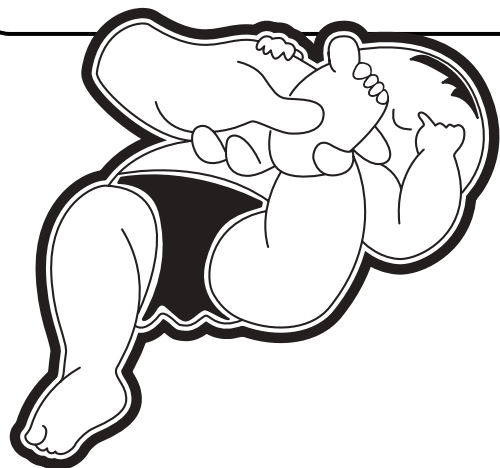


# Sleepy baby

If your baby falls asleep too quickly while breastfeeding, try to:

- ▶ Break suction, take breast out of his mouth, and talk to him before re-latching.
- ▶ Undress him to the diaper.
- ▶ Rub the soles of his bare feet.
- ▶ Massage different parts of his body, or “walk” your fingers up and down along his spine.
- ▶ Change feeding positions.
- ▶ Change his diaper.
- ▶ Squeeze some milk onto his lips.
- ▶ Wipe his face with wet face cloth.

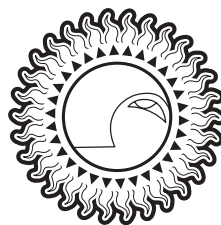


## The elders speak:

“With my first baby, I had big sores on my breasts, and the sister who was looking after the hospital encouraged me to breastfeed more often because the baby heals the nipples, she said.

Even when there was blood in his mouth. And he let me breastfeed him.”

Chisasibi elder



## Cree traditional healing:

For sore breasts from breastfeeding there were several different treatments that could be rubbed on the breasts: Black spruce sap, duck fat, or gunpowder.



CH-31

Version française disponible



# What to Do When Breastfeeding is Not Easy



Conseil Cri de la santé et des services sociaux de la Baie James  
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 Cree Board of Health and Social Services of James Bay

Sometimes breastfeeding is tricky, whether it is your first baby, or seventh!

Don't give up! Breast milk is the greatest gift you can give your baby.

Here are some common problems and how to help:



## Sore nipples

Almost all breastfeeding moms get sore nipples sometimes.

The most important thing is to make sure your baby is latched on well, and has a lot of the dark skin around the nipple in her mouth (and not just the nipple itself).

Other helpful tips:

- ▶ Squeeze a little milk onto the sore nipple and let it dry.
- ▶ Feed on the least sore nipple first.
- ▶ Get baby off the breast by gently breaking suction with your little finger (slide it into the corner of baby's mouth).
- ▶ Use a warm, moist face cloth on the sore nipple.
- ▶ Healing ointments like Lansinoh can be helpful.

## Engorged (swollen) breasts

When your baby is around 3-5 days old, your milk will "come in". This is a time when you start to make A LOT of milk. Although baby will be thrilled, you might not be so happy! Your breasts may feel swollen, huge, painful and leaky.

Here are some tips to help:

- ▶ Start breastfeeding as soon as possible after birth.
- ▶ Keep your baby in the hospital room with you so you can feed her often, like during the night.
- ▶ Have a nurse check your latch to be sure she is drinking well.
- ▶ Don't limit how long you let her drink. Let her empty your breasts.
- ▶ Feed her often.
- ▶ Avoid tight bras. They can plug up your milk ducts and make the problem worse.
- ▶ Use a breast pump (or pump by hand) to let some milk out of your breasts.



## Blocked ducts

If part of the breast is not emptied completely you can get a blocked duct. This makes one part of the breast red, swollen, hot and painful.

Here are some tips to unblock the duct:

- ▶ Feed your baby as often as possible from the sore breast. (But do not ignore the other one or a blocked duct can start there as well).
- ▶ Try different breastfeeding positions.
- ▶ Use wet, warm cloths or take a warm shower.
- ▶ Massage and empty milk from the sore breast (squeeze by hand or use a breast pump). This can be done under a warm shower.
- ▶ Drink a lot of liquids.
- ▶ Avoid tight bras and sleeping on your breasts.
- ▶ Talk to a nurse or doctor if it doesn't get better.

Sometimes a blocked duct can lead to an infection (called **mastitis**). If you have the same symptoms as a blocked duct, and also fever or chills, you may have mastitis. Get checked at the clinic right away so you can begin treatment quickly.