

Doctor Guide To Nursing Without Pain And Frustration

Nursing is a beautiful and natural way to feed your baby. But it can also be painful and frustrating, especially if you're not ng it correctly.



Better Breastfeeding: A Doctor's Guide to Nursing Without Pain and Frustration by Linda D. Dahl

★★★★☆ 4.6 out of 5

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This doctor-approved guide will teach you everything you need to know about nursing without pain and frustration. You'll learn about the proper positioning, latch, and more.

Positioning

The first step to nursing without pain is to find a comfortable position. You want to be able to support your baby's head and neck while also keeping your back and shoulders relaxed.

There are many different nursing positions, so experiment until you find one that works for you. Some popular positions include:

- **The cradle hold:** In this position, you hold your baby in your arms, cradled against your chest. Your baby's head should be supported by your forearm, and your hand should be cupped around their bottom.
- **The football hold:** In this position, you hold your baby under your arm, like a football. Your baby's head should be supported by your hand, and their body should be tucked against your side.
- **The side-lying position:** In this position, you lie on your side, with your baby lying on their side facing you. Your baby's head should be supported by your arm, and their body should be close to yours.

Latch

Once you've found a comfortable position, it's time to latch your baby on. Latch is the way that your baby attaches to your breast. A good latch is essential for pain-free nursing.

To latch your baby on, follow these steps:

1. **Bring your baby to your breast.** Your baby's nose should be level with your nipple, and their chin should be touching your breast.
2. **Wait for your baby to open their mouth wide.** When your baby opens their mouth wide, gently guide their chin towards your breast.
3. **Your baby's lower lip should be flanged out.** This will help to create a good seal around your nipple.
4. **Your baby should be suckling deeply.** You should be able to hear and see your baby swallowing.

Troubleshooting

If you're having trouble nursing without pain, there are a few things you can try:

- **Make sure your baby is latched on correctly.** A good latch is essential for pain-free nursing.
- **Try different nursing positions.** Some positions may be more comfortable for you than others.
- **Use a nipple shield.** A nipple shield can help to protect your nipples from pain.
- **See a lactation consultant.** A lactation consultant can help you to troubleshoot any problems you're having with nursing.

Nursing should be a pain-free experience. If you're having trouble nursing without pain, try the tips in this guide. If you're still having problems, see a lactation consultant for help.



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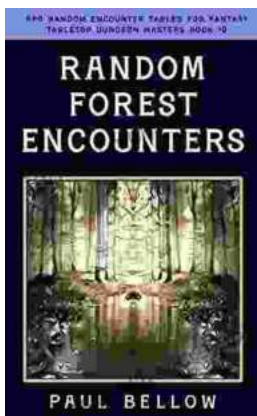
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