

## What to do if breastfeeding hurts

- Take Baby off the breast and try again – put your finger into Baby’s mouth to break the suction.
- Try holding Baby in different ways.



- Put breastmilk on your nipples at the end of a feed – if possible let them air dry.
- If you use breast pads, change them often.

*A midwife or lactation consultant can help you to get Baby attached right.*



## The first milk - colostrum



Colostrum is the first milk and is very important for Baby.

Colostrum gets Baby's digestion working and helps to fight germs.

Colostrum is thick and yellow. After a few days, your breasts will start to make milk.

The milk is thinner and not so yellow.



*The more your baby sucks on your breasts, the more milk your breasts will make.*

## *How do you know if Baby is having enough breastmilk?*

- Bright eyes
- Moist mouth and tongue
- Usually happy – even though there are some unsettled times
- Pale coloured pee
- Five or more wet nappies every day
- Some weight gain over the month



## *Growth spurts*

- The more you feed Baby, the more breastmilk you make. Your body will not run out of breastmilk, but you will need to feed more often for a few days.

*Breastfed babies  
have growth spurts  
when Baby will want to  
feed a lot more often.  
This is normal for a  
healthy baby.*

## How to make more breastmilk

- Breastfeed as often as Baby will feed.
- Don't use a dummy – let Baby breastfeed for comfort.
- Don't give Baby top-ups with formula or other foods.



The more you breastfeed, the more breastmilk your breasts will make.

Breastmilk is the only food or drink that Baby needs until she is around six months of age.



**Queensland  
Government**  
Queensland Health

*Note: in this pamphlet we talk about Baby as 'she' but all the information in here also applies to boys!*

For more information contact your local health worker