

Lactation

If you choose to breastfeed, you'll want to make sure your baby has a good latch and that your position/posture is good for your comfort and your baby's.

Please see the following link for tried and trusted guidance on getting a good latch and positioning - <https://lila.org/breastfeeding-info/positioning/>

Join La Leche League - <https://llusa.org/> . It is highly recommended to join your local La Leche league and attend their monthly meetings.

Mild soreness can occur within the first few days/weeks. If this occurs you are free to make your own ointment (see recipe below) or purchase a ready made option. Pain during breastfeeding is not normal. That is when you should seek a professional's advice, many lactation specialists are found on the La Leche League website.

Breast Salve - Calendula, beeswax, vitamin E oil,

Cabbage Leaves can provide relief for hard or sore breasts. Keep cabbage in the refrigerator and pull off leaves as needed. Place directly on breast for 10 minutes. Repeat as necessary. Continue to nurse or pump, drink lots of water, and get plenty of sleep. You can apply a warm compress and gently massage breasts.