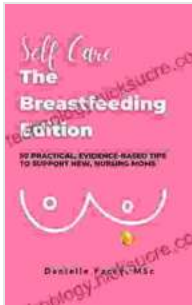


50 Practical Evidence-Based Tips to Support New Nursing Moms



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

by Barbara Ehrenreich

★★★★☆ 4.7 out of 5

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Becoming a new mom is an amazing but challenging experience. As you navigate the early days of motherhood, it's important to have a support system in place to help you adjust to your new role and care for your baby. If you're planning to breastfeed, it's especially important to seek out evidence-based resources to help you get started and overcome any obstacles.

Here are 50 practical evidence-based tips to help you support new nursing moms:

1. Help her find a comfortable breastfeeding position.



There is no one-size-fits-all breastfeeding position. Help the new mom experiment with different positions until she finds one that is comfortable for her and her baby. Some popular positions include the cradle hold, the cross-cradle hold, and the side-lying position.

2. Encourage her to let her baby lead the way.

Babies know how to breastfeed instinctively. Trust the baby's cues and let them guide the breastfeeding process. The baby will latch on when they are ready and feed for as long as they need to.

3. Help her to avoid using artificial nipples.

Artificial nipples can interfere with breastfeeding. If the baby is struggling to latch on, try different breastfeeding positions or consult a lactation consultant. Avoid using artificial nipples unless absolutely necessary.

4. Encourage her to stay hydrated.

Breastfeeding can be thirsty work. Encourage the new mom to drink plenty of fluids, especially water and electrolyte-rich drinks.

5. Help her to eat a healthy diet.

A healthy diet is important for both the mom and the baby. Encourage the new mom to eat plenty of fruits, vegetables, and whole grains.

6. Help her to get enough rest.

Getting enough rest is essential for both the mom and the baby. Encourage the new mom to take naps when the baby naps and to go to bed early at night.

7. Help her to connect with other nursing moms.

Support from other nursing moms can be invaluable. Encourage the new mom to join a breastfeeding support group or online forum.

8. Help her to find a lactation consultant.

A lactation consultant can provide expert support and guidance to new nursing moms. If the new mom is having any difficulties breastfeeding, encourage her to see a lactation consultant.

9. Help her to take care of herself.

Encourage the new mom to take time for herself each day, even if it's just for a few minutes. She needs to take care of her physical and mental health in order to care for her baby.

10. Help her to find a support system.

A support system is essential for new moms. Encourage the new mom to reach out to her partner, family, and friends for help and support.

11. Encourage her to be patient.

Breastfeeding can take time and practice. Encourage the new mom to be patient with herself and her baby.

12. Encourage her to don't be afraid to ask for help.

If the new mom is struggling, encourage her to ask for help from a lactation consultant, doctor, or other experienced breastfeeding professional.

13. Help her to believe in herself.

Encouraging the new mom to believe in herself is important. She can breastfeed successfully if she sets her mind to it.

14. Help her to avoid giving up.

Breastfeeding can be challenging at times, but it's important to encourage the new mom to keep trying. The benefits of breastfeeding are worth it!

15. Help her to find resources.

There are many resources available to help new nursing moms. Encourage the new mom to take advantage of these resources, such as breastfeeding classes, support groups, and online forums.

16. Help her to be an advocate for herself.

Encourage the new mom to be an advocate for herself and her baby. She should feel comfortable talking to her doctor or other healthcare providers about any concerns or questions she has about breastfeeding.

17. Help her to be a role model for other moms.

Encourage the new mom to be a role model for other moms. She can share her breastfeeding story with other moms and help them to feel more confident about breastfeeding.

18. Help her to enjoy the experience.

Breastfeeding is a special and rewarding experience. Encourage the new mom to enjoy the experience and to cherish the bond she is forming with her baby.

19. Help her to make sure her baby is getting enough milk.

It's important to make sure the baby is getting enough milk. Signs that the baby is getting enough milk include:

- The baby is gaining weight steadily.
- The baby is having regular wet and dirty diapers.
- The baby is content and satisfied after breastfeeding.

20. Help her to avoid overfeeding her baby.

Overfeeding a baby can lead to problems such as gas, colic, and diarrhea. Signs that the baby is overfed include:

- The baby spits up frequently.

- The baby is gassy and uncomfortable.
- The baby has diarrhea.

21. Help her to avoid common breastfeeding problems.

There are a number of common breastfeeding problems that new moms may experience, such as:

- Sore nipples
- Engorgement
- Mastitis
- Thrush

Encourage the new mom to talk to her doctor or a lactation consultant if she experiences any of these problems.

22. Help her to know the benefits of breastfeeding.

Breastfeeding is the best way to feed a baby. Breast milk provides the baby with all the nutrients they need to grow and develop properly. Breastfeeding also has a number of benefits for the mom, such as:

- Reduced risk of breast and ovarian cancer
- Reduced risk of postpartum depression
- Improved bone health
- Weight loss

23. Help her to understand the importance of exclusive breastfeeding.

Exclusive breastfeeding means feeding the baby only breast milk for the first six months of life. Exclusive breastfeeding is the best way to give the baby the full benefits of breast milk.

24. Help her to be aware of the risks of formula feeding.

Formula feeding is not as good as breastfeeding. Formula-fed babies are more likely to have health problems such as:

- Ear infections
- Respiratory infections
- Diarrhea
- Obesity

25. Help her to avoid using pacifiers.

Pacifiers can interfere with breastfeeding. If the baby is sucking on a pacifier, they may not be interested in breastfeeding as much.

26. Help her to avoid smoking.

Smoking can harm the baby and interfere with breastfeeding.

27. Help her to avoid drinking alcohol.

Alcohol can pass through breast milk to the baby. It is best to avoid drinking alcohol while breastfeeding.

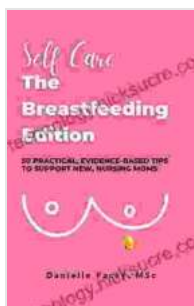
28. Help her to get vaccinated.

Getting vaccinated is important for the health of the mom and the baby. The mom should get vaccinated against whooping cough, tetanus, and

diphtheria (Tdap) before giving birth. She should also get vaccinated against the flu every year.

29. Help her to take care of her mental health.

Postpartum depression is a common problem for new moms. Encourage the new mom to talk

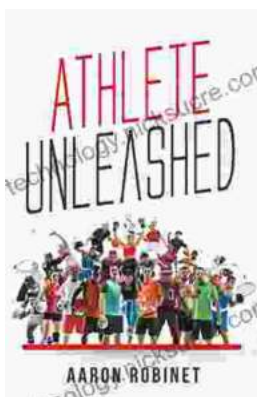


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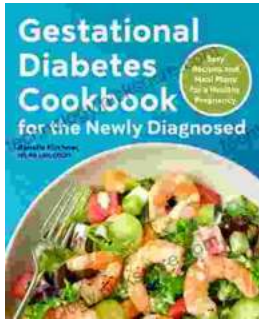
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