

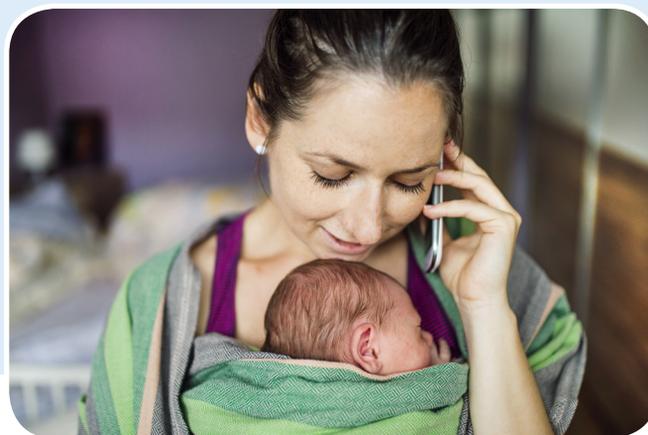
BREASTFEEDING FRUSTRATIONS

You may feel like you are frustrated with breastfeeding. Do not worry; you and your baby will get the hang of it very soon! Feeling frustrated is normal for most moms, especially if you are learning to breastfeed for the first time. If you are at an unhealthy weight, you may have additional challenges to overcome.

Complications during pregnancy or childbirth, physical factors such as nipple or breast size¹, and psychosocial issues such as postpartum depression or low confidence make it more difficult for some women of an unhealthy weight to breastfeed². As a result, larger women are less likely to initiate breastfeeding and stop exclusively breastfeeding earlier than women who are at a more healthy weight³⁻⁵.

Here are some common reasons why you might feel frustrated:

1. **Baby won't latch on**- Please refer to the Breastfeeding Basics Lesson
2. **Baby is crying**
3. **I don't think I'm making enough milk** - Please refer to the Breastfeeding Basics and Breastfeeding and Pumping lessons
4. **Sore Nipples**- Please refer to the Sore Nipples lesson
5. **Inverted, Large, or Flat Nipples** – Please refer to the Types of Nipples lesson
6. **Engorgement**- Please refer to the Engorgement lesson
7. **Mastitis**- Please refer to the Mastitis lesson
8. **Thrush**- Please refer to the Thrush lesson
9. **I don't have time to breastfeed**- Please refer to the Breastfeeding and Pumping and Returning to Work or School lessons
10. **Breast Reduction Surgery**
11. **Baby has health problems** – Please refer to the I Have a Premature Baby in NICU lesson



TIPS OF THE WEEK

- Breastfeeding can be challenging, but don't give up!
- Ask for help – lactation consultants can find a way to make breastfeeding work for you.
- Do not give up!

It is normal to feel frustrated. Every mom gets frustrated every once in a while. As a larger woman, you may need extra support and help initiating breastfeeding. Barriers that some overweight women face include large breasts, complications with childbirth, low birth weight or sick baby, and postpartum depression or low self-esteem².

- **Don't give up!**
- Remember that giving your baby formula instead of breast milk will decrease the amount of milk your body makes. The more you breastfeed, the more milk you will make.
- **Talk to a lactation consultant.** Lactation consultants can help you find a way to breastfeed that works for you and help you deal with any of the challenges you may encounter.
 - Under your health insurance plan, you should be able to meet with a lactation consultant and receive lactation services free of charge.
- **Talk to your doctor** if you are experiencing



persistent pain while breastfeeding, if you suddenly get sore nipples, or are experiencing signs of mastitis (see the Mastitis lesson). You can also confirm with your doctor whether your baby is getting enough milk by getting your baby weighed.

- If you are eligible for WIC (Women, Infants, and Children Program) you can receive breastfeeding services for free, including peer counseling.
- Finally, remember to be patient!

You may be covered for a breast pump and visits with a lactation consultant through your medical insurance plan, WIC, Medi-Cal or the Affordable Care Act.

IF YOU NEED BREASTFEEDING HELP, CALL THE HELP LINE: 888-278-6455

RESOURCES:

Check out the Choose Health LA Moms modules on: *Breastfeeding Basics (Week 1)*, *Breastfeeding and Pumping (Week 7)*, *Sore Nipples (Week 8)*, *How Do I Know When My Baby is Hungry (Week 2)*, *Types of Nipples*, *Engorgement*, *Mastitis*, and *Thrush*.

ITS ONLY NATURAL – BREASTFEEDING GUIDE FOR AFRICAN AMERICAN WOMEN:

womenshealth.gov/itsonlynatural

WOMEN'S HEALTH – COMMON BREASTFEEDING CHALLENGES

womenshealth.gov/breastfeeding/common-challenges/index.html

MEDICINE NET – COMMON BREASTFEEDING CHALLENGES

medicinenet.com/breastfeeding_common_breastfeeding_challenges/article.htm

APPS:

BREASTFEEDING EXPERIENCE (FREE)

itunes.apple.com/us/app/breastfeeding-experience/id522046543?mt=8



BLOGS:

BREASTFEEDING CHALLENGES

kellymom.com/bf/concerns/mother/bfhelp-mother/

BREASTFEEDING ISN'T EASY

newsmomsneed.marchofdimes.com/?p=14957

BREASTFEEDING TIPS AND TRICKS

blogs.babycenter.com/tips_and_tricks/10-best-breastfeeding-tips-from-other-moms-07242013/

REFERENCES

1. Krause, K., Lovelady, C.A., & Østbye, T. (2011). Predictors of Breastfeeding in Overweight and Obese Women: Data From Active Mothers Postpartum (AMP). *Matern Child Health J*, 15(3), 367–375.
2. Anstey, E.H., & Jevitt, C. Maternal Obesity and Breastfeeding. A Review of the Evidence and Implications for Practice. *Clinical Lactation*, 2011, Vol. 2-3, 11-16.
3. Li, R., Jewell, S., & Grummer-Strawn, L. (2003). Maternal obesity and breast-feeding practices. *Am J Clin Nutr*, 77, 931-936.
4. Jevitt, C., & Hernandez, I. (2007). Lactation Complicated by Overweight and Obesity: Supporting the Mother and Newborn. *J Midwifery Womens Health*, 52(6), 606-613.
5. Hilson, J.A., Rasmussen, K.M., & Kjolhede, C.L. (2004). High prepregnant body mass index is associated with poor lactation outcomes among white, rural women independent of psychosocial and demographic correlates. *Journal of Human Lactation*, 20(1), 18–29.