

BREASTFEEDING AND LARGE BREASTS

Women with large breasts face some breastfeeding challenges but remember no matter the size of the breast, you can breastfeed. Some moms with large breasts have difficulties getting a good latch¹. If your baby isn't latching properly, your breasts will not fully drain. This can lead to engorgement. Women with large breasts may also have flat nipples which may make breastfeeding more difficult.

Increased moisture underneath the breast can lead to thrush. Some moms also have problems with heat rash. Remember, you can breastfeed with large breasts. Women with large breasts do not make too much milk or have more leaks.¹

It's normal for women with large breast to have a delay in milk letdown. It may take 72 hours (3 days) longer to have a let down^{2,3}. While breastfeeding, your breasts will be even larger than they were before. On average women gain at least one bra cup size. This is normal.

You may feel like you are smothering your baby when you breast feed, but just know that you will not. One way to ensure that is to establish a good feeding position. Find a position where the weight of the breast will not be on the baby's chest.

If you are having challenges, try the different ways shown below to find what works best for you⁴⁻⁷:

TIPS OF THE WEEK

- You can successfully breastfeed with large breast.
- Having large breasts is not harmful – you will not smother your baby.
- A well-fitting supportive bra can help reduce back pain.

POSITIONING BABY AND BREAST:

Try placing a small rolled up towel or small blanket underneath your breast. This will help support your breast, and it will lift the breast away from your baby's chest. Placing a bed pillow underneath your breast will help lift the breast.

You can ensure your baby is breathing ok by making sure only the baby's chin is touching the breast. The nose must be away from the breast, free and clear for breathing.

Lay your breast on a table or changing table while your baby is laying on his/her side and bring your baby to the breast.

Try the football/clutch hold position by tucking your baby under your arm on the same side you are breastfeeding.

LATCHING BABY TO BREAST:

Try the Sandwich/"C" technique. This helps your baby get a good latch when breastfeeding. Squeeze the fingers and thumb toward each other to compress the breast. Keep your fingers off to the side forming what is called "half a sandwich."

Because your breasts are larger, you may have increased back pain or issues with posture. A well-fitting supportive bra can help reduce pain. Wipe off any sweat and milk from underneath your breast to lower the risk of chafing. You may also want to use a breast pad.

If you choose to pump, you will probably need to use a large breast pump flange (the funnel-shaped part of the breast pump that fits on your breast) when you pump your breast milk. The flange tunnel should not be too tight around the nipple.

Remember, the health care law, (Affordable Care Act) requires most health insurance plans to provide breastfeeding equipment and counseling for pregnant and nursing women. You may be covered for a breast pump and visits with a lactation consultant through your medical insurance plan, WIC, or Medi-Cal. Contact your insurance plan for questions about your breastfeeding benefits.

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

RESOURCES:

breastfeeding.asn.au

breastfeedingbasics.com/articles/nursing-tips-for-the-large-breasted-woman

VIDEO:

BREASTFEEDING WITH LARGE BREASTS

[youtube.com/watch?v=ZL8oyOQhXk0&feature=em-share_video_user](https://www.youtube.com/watch?v=ZL8oyOQhXk0&feature=em-share_video_user)

BLOGS:

breastfeeding-problems.com/large-breasts-breastfeeding.html

whattoexpect.com/forums/breastfeeding/topic/huge-breasts-have-relation-to-milk-supply.html

APPS:

BREAST START

play.google.com/store/apps/details?id=com.breast.start

Evidence based information on all aspects of breastfeeding; also helps you find local breastfeeding support.

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7. Smith A. Nursing tips for the large breasted woman. Retrieved from <http://www.breastfeedingbasics.com/articles/nursing-tips-for-the-large-breasted-woman>