



## **Top 5 Tips: Lactation and Infant Feeding**

### **1. Your goals matter**

As a parent, you probably have some thoughts about how you envision feeding your baby. Your goals matter, whatever they may be! If you feel that lactation or feeding is not going how you envisioned, please reach out for support. There are many ways to love and feed a baby. You deserve personalized care. Whether it be breast/chest, bottle, tube, or beyond...help is available!

### **2. Pain is not normal**

We won't lie...some parents experience tenderness in the early days, but real, toe-curling pain that doesn't let up is *not* normal. If you are experiencing breast, chest, or nipple pain with latch, with pumping, or any time really...help is available!

### **3. Intake and output**

Are you worried your baby is not getting enough? Concerned they are getting too much? Struggling to understand how human milk is made or how to make more or less of it? Personalized support, a comprehensive assessment, and an understanding of the root cause of the issue(s) at hand can help you better understand your baby's intake, growth and nutritional needs. Individualized care can also help you understand how your body makes milk and discuss any related care plan strategies.

### **4. Fussiness**

Sure, babies cry sometimes but what's a parent to do when the fussing seems like too much fussing? Infant fussiness can happen because of many reasons: digestive discomfort, overstimulation, being too tired, reflux, gas, poop issues, and more. With some good support and detective work, the cause of the fussiness can usually be sleuthed out and supported...making *everyone* much happier!

### **5. Get help ASAP**

Sore? Worried? Uncertain? Consider getting help right away. Not all feeding and lactation support is created equal. An experienced IBCLC (International Board-Certified Lactation Consultant) can help you identify the root causes(s) of the issues at hand and help you create a sustainable care plan that works for you! Luna Lactation & Wellness is here if you need us, and we can also point you to other community health resources as needed.

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