

Things That Can Interfere with Good Milk Production



[Not drinking enough water](#) ~ make a habit of filling a glass of water up before each feeding and not finishing the feeding without emptying the glass. Better yet have family and friends get you water or make it a siblings' job to tell you each time your glass is empty. If you make yourself aware of your drinking habits it will be easier to push yourself to drink more.

[Not eating proper, nutritious food](#) ~ have family members help you by getting you food. You do not need to be super mom and take care of everyone all the time. Let your family and friends assist you in the transition of caring for your newborn.

[Not getting enough rest](#) ~ sleep when your baby sleeps! This is advice from our grandmothers and couldn't be more true.

[Getting upset](#) ~ In the beginning it can be painful to breastfeed and since you are already emotional from childbirth it is hard to maintain your calm if you are hurting. Some ways to make feeding easier: Take a warm shower before nursing, apply warm compresses before feeding and cool compresses afterwards (see Earth Mama Booby Tubes). Apply Lansinoh Lanolin, Earth Mama nipple butter or Ameda cool gels to help relieve soreness (see Breastfeeding Skin Care & Accessories). You and your baby are new at this...give yourself a break and try not to stress over it. If you are very full and sore between feedings you are experiencing engorgement. Your body is basically in overdrive producing more milk than your baby needs. To alleviate this click here for our engorgement instructions.

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