

Common breastfeeding difficulties

After completing this session participants will be able to identify causes of, and help mothers with, the following difficulties:

- 'not enough milk'
- a crying baby
- breast refusal

‘Not enough milk’

- This is one of commonest reasons for stopping breastfeeding
- Usually when a mother **thinks** she does not have enough breast milk, her baby is getting all he needs
- Sometimes a baby does **not** get enough breast milk. But this is usually because of ineffective suckling. It is rarely because his mother cannot produce enough

Reliable signs that a baby is not getting enough milk

Poor weight gain

- less than 500 grams per month

Small amount of concentrated urine

- less than 6 times per day

Possible signs that a baby is not getting enough breast milk

- Baby not satisfied after breastfeeds
- Baby cries often
- Very frequent breastfeeds
- Very long breastfeeds
- Baby refuses to breastfeed
- Baby has hard, dry, or green stools
- Baby has infrequent small stools
- No milk comes out when mother expresses
- Breasts did not enlarge (during pregnancy)
- Milk did not 'come in' (after delivery)

Reasons why babies refuse to breastfeed

- Baby ill, sedated or in pain
- Difficulty with breastfeeding technique
- Change which upsets the baby
- Apparent, not real, refusal