

YOU'VE GOT QUESTIONS...



We've got answers!

**Here are our top 5 most frequently asked breastfeeding questions. Keep in mind that the answer may change based on your personal situation.**

- 1) **"Should I offer one breast or both?"** The short answer is always offer both, but don't panic if your baby doesn't want to nurse from the second breast. Just continue to follow his or her cues and start from the fuller breast at the next feeding.
- 2) **"What about those silicone suction pumps?"** In general these are fine to use, but they do have the potential to cause or worsen oversupply. If you're leaking milk from the opposite breast during a feeding, you might as well collect it!
- 3) **"When should I start pumping?"** We recommend waiting until closer to 6 weeks before pumping unless you find yourself needing to supplement your baby.
- 4) **"Breastfeeding hurts! Is this normal?"** Pain is relative, but breastfeeding should not be painful. In the beginning, your nipples may be more sensitive or chapped feeling--much like your lips may feel chapped after a day at the beach. Cracks, bruises and blisters are never normal, so call for help!
- 5) **"Are lactation cookies worth it?"** More often than not, the expensive lactation cookies are not worth it. Science tells us the most affective way to increase supply is frequent and thorough milk removal. However, if you find it difficult to get enough calories into your diet each day, having a simple, one-handed snack might do you some good. Eat the cookies if you like them, but call a lactation consultant if you need help with supply.

*Still have questions? Give us a call!*

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