

It's not supposed to hurt!

Nursing a baby is supposed to feel comfortable. Some moms may experience nipple soreness when the baby latches on but it doesn't last long - maybe 30 seconds. By two weeks, latch-on pain should be gone. Much depends on how you hold the baby. You can avoid problems by learning more about position and latch. Attend a prenatal class and get help at the hospital after you deliver. WIC also has staff trained to help you get started.



In the beginning, you may notice the following:

- Breast fullness after delivery. This is true even if you formula feed. You can relieve the fullness by nursing.
- Nipples may be tender for a few days or weeks. This soon goes away. It takes a little time for your body to adjust to nursing.
- Uterine cramps while nursing: This is a good sign because it means that your uterus is shrinking. This helps stop the flow of blood after delivery and flattens your stomach to get you back to pre-pregnancy size. Breastfeeding also delays the return of your period.

Nursing will help you relax and bond with your baby.

The hormones produced while nursing act as natural tranquilizers. Once women get comfortable with nursing, they say the tension leaves their bodies while nursing.



Nursing also helps a working mom deal with her feelings when leaving her baby. Moms like the fact that nursing is something only they can do. The delight the baby has in nursing lets mom know that she is special.

Nursing is a warm, close feeling that only you can share with your baby.



Breastfeeding Awareness and Support Program
Healthy Baby Line
1-800-986-BABY



Pennsylvania WIC Program
1-800-WIC-WINS
2011