

Sore Nipples

To avoid soreness, make sure that your baby is attached and positioned correctly on your breast. If it hurts, take the baby off and try again.



Tickle your baby's lips with your nipple until she opens her mouth **VERY WIDE**, like a yawn.



Bring your baby in close to you— her chest to your chest. Her nose and chin should be touching your breast. Her mouth should cover much of the dark area around your nipple - slightly more of the area below the nipple than above.

When removing your baby from your breast, place your little finger in the corner of the baby's mouth, between the gums to break the suction; then gently move the baby away from the breast.

If your nipples are sore, try nursing in different positions.



Cross-cradle hold



Clutch position



Lying down

- ♥ Begin breastfeeding on the side that is less sore.
- ♥ If both breasts are sore, massage your breasts before breastfeeding until the milk begins to flow.
- ♥ After feeding, wash your hands and express a few drops of your milk and rub it into the sore skin; warm water may also be helpful.
- ♥ If soreness doesn't improve within 1 to 2 days, consult a breastfeeding counselor.