

CHAPTER 10: FREQUENTLY ASKED QUESTIONS

Should baby be nursed one side, or on both sides?

Initial breast milk (fore milk) contains more carbohydrates & later part (hind milk) contains more fat. Allow baby to empty one breast fully and then shift to other until fully satisfied. Start next sitting on the other side.

How long does a baby take to get satisfied?

This may range from 5 minutes to 30 min with an average of 15 minutes. Baby will stop breastfeeding once it is satisfied. Longer period of breastfeeding does not lead to sore nipples.

How many times breastfeeding can be done in a day?

In some hospitals, it is advised breast feed once in every 4 hours only. Therefore, mother may think that she should not breast feed if baby cries in between it and water may be given. Such a rigid schedule is not advisable. Feed the baby whenever it is hungry. Intelligent mothers know when baby requires feeds and does it even before it cries due to hunger.

Newborns feed 4 to 6 times for the first 2 to 3 days. At the age of 10 to 15 days, it may feed in 1 to 2 hours also. Later it develops its own pattern and feeds once in 3 to 5 hours during day and 2 to 5 times during night. After 2 ¹/₂ to 3 months, night feeds may reduce. If child is sick, weak, or premature, do not depend on its crying and feed it every 2 to 3 hours.

Should lactating mothers drink more water?

There is a belief that mothers who breastfeed should drink more water as it will lead to more and milk production. This is not true.

Does breastfeeding make the mother tired?

Many women feel tired for the first 2 to 4 weeks after delivery. This is not because of breast-feeding. She has to shoulder dual responsibility. Added to this if she is of an anxious nature, she feels tired. Moreover, if there is a situation like child falling sick, increased workload at home etc. and if she is not mentally prepared, she may feel tired. Compensations of nutrients lost in breast milk occur by normal diet. If

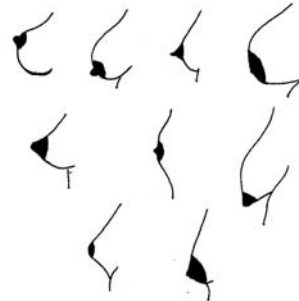
mother feels very weak or loses weight, she should contact the doctor.

“Though healthy baby does not cry out of hunger, feeds less numbers of times”?

Some healthy babies do not get hungry easily and feeds only 2 to 4 times during day. Attempt to feed such babies once in 3 to 4 hours but do not force.

Do mothers with small breasts produce less milk?

This may become a cause for worry. Women with small breast worry about quantity of milk. Size is dependent on fat around the milk producing tissue However; there is no relation between size of breast and quantity of milk produced. All sizes of breast are capable of adequate milk output.



Does breastfeeding decrease physical beauty?

There is a wide spread belief that breastfeeding decreases the beauty of the woman as breast become sagging and loose. Husbands also continue to this belief. Actually, there is no relation between breast-feeding and spoiling of looks. Breasts do become big and if the woman puts on fat, the breast may sag.

From 7th month of pregnancy onwards, size of breasts increases. To prevent stretch of skin due to this a properly wear a fitting bra

What happens if nipple is too long?

Nipples that are short, flat, or inverted create difficulties for the baby. Similarly, if the nipple is too long it will go up to the throat and cause gagging and the child will cry. In such a situation, keep the baby at a distance and feed. If the problem continues, the manual expression of milk is the solution.

Do all breastfed babies require vitamins/tonics?

No, every breastfeed baby does not require vitamins/tonics. Tonics are given to, more and more children in the hope that they will grow well. It is worthwhile to pause and think whether they are necessary.

Healthy breastfed baby do not require any vitamins except that of a dose of vitamin-K at birth. If supplemental food started at the right time (7th month onwards) and include green leafy vegetables and jaggery, then even iron is not required. It may be required to supplement iron that too after 6 months only. Babies do not require routine Vitamin D if there is regular sun exposure.

Yes, some babes may require vitamins. Babies those are weak at birth weighing less than 2.5 kgs., or premature babies need vitamins. Supplements of vitamin D & E and iron, zinc, calcium and phosphorus may be required.

Majority of tonics available in the market contain excess vitamins. They are costly too. Vitamins A, D, E & K when given in excess over a long period can cause harm. This should be borne in mind.

Mother should take balanced, nutritive diet to keep up the level of vitamins in breast milk.

Overflow or dripping: is it over production?

Dripping of breast milk is very common. When child is suckling on one breast, dribbling occurs from other breast. Milk may drip when child cries at the time of breast-feeding. It may also drip after a long (nighttime) gap in feeding. This is not a sign of over production but is due to tissues of nipple contracting and throwing the milk out.

When non-lactating woman has overflow of milk (due to disease or drugs) she should consult the doctor.

What diet should be avoided, when baby looks yellow?

Many healthy babies appear yellow on the 3rd to 4th day. This physiological jaundice disappears by 10th to 12th day. This is unrelated to mother's diet and mother should continue breast-feeding.

Can mother's illness pass to baby via breast milk?

This question is often asked when mother has common cold. Viruses causing cold do not transmit by breast milk. However, baby can get cold due to contact with mother's nasal secretions (while sneezing or by contaminated napkin). Therefore, persons with cold should be careful not to sneeze on to the baby's face. Keep napkins used for cleaning the away from the baby and clean hands carefully before touching the baby.

Baby can contract diseases like gastroenteritis & infective hepatitis, not because of milk but because of poor hand washing by mother.

HIV & Hepatitis-B may transmit by breast milk. Therefore, doctors recommend stoppage of breastfeeding.

TB can also transmit by coughing of the diseased mother. Mother should get treatment of TB at the earliest & should get baby treated especially if she has cough. However, there is no role of stoppage of breast milk.

If sick mother continues breastfeeding, will she become weaker?

No, day to day illnesses do not preclude breastfeeding. Mother can breastfeed even with 104° F fever. Only seriously ill & bedridden women should not breastfeed. Otherwise continue breastfeeding.

Can mother breastfeed after forceps or cesarean section?



During the first week after cesarean, breastfeeding is difficult especially in holding the baby & turning it to one side. Pain at site of operation also makes it difficult. Mother can nurse the child while lying on the back after cesarean operation as soon as she becomes conscious. Such mothers require encouragement & support from relatives. Successful feeding is always possible.

What to do when breast milk is bloody?

Sometimes blood may come along with milk. Usually that is from small fissures in the nipple, which are not obvious. However, there may be no reason. Bleeding usually stops in 10 to 15 days. Continue breastfeeding. **Contact a doctor if:** **a)** there is persistent bleeding from one breast **b)** there is foul smell from the breast **c)** pain is associated with bleeding **d)** bleeding from any other site in the body is there **e)** red spots

on the skin

Baby keeps sucking its hand, is it remaining hungry?

Hungry baby will not satisfy by sucking its thumb alone. It will cry and be ready for breastfeed. Many babies suck their hand after breast-feeding as it satisfies a need and gives pleasure. Therefore, do not assume that baby who sucks its thumb is remaining hungry.

What if lactating mother becomes pregnant?

General belief is that it is difficult to nourish two lives and hence stop breast-feeding. Breast-feeding will not harm either mother or baby in the womb or baby doing breast-feeding if mother takes additional 800 calories of diet.

Pregnant mother may find that nipple becomes sensitive and this may make feeding difficult. However, mother should think of benefits of breast-feeding and persist slowly. She will get accustomed to the situation. If mother develops labour like pain or bleeding starts then she may have to discontinue breast-feeding.

Can baby breast-feed in sleep?

Yes, if it is hungry, even if mother is sleepy, baby can be breast-fed, during night if baby is hungry it can be breast-feed. Production of the hormone prolactin occurs during night, which helps in milk production.

What to do if baby sleeps through out the day and is hungry in the night?

During first 6 to 7 months of life child does not have any idea of day and night. It will ask for milk when hungry irrespective of day or night.

What steps should be taken to keep breasts clean?

It is enough to clean breasts with soap while taking bath. Frequent washing with soap leads to loss of natural oils and may result in fissures.

Can there be allergy to breast milk?

No. Possibility of allergy to other types of milk is higher.

When to start “gripe water”, “balagoli”, “ghasaro”, etc?

With the aim of keeping baby healthy, preventing gaseousness and colic, promoting regular bowel movements and ensuring digestion of

milk, parents give various preparations like 'ghasaro', gripe water 'balagoli', 'Kesariya goli', 'Somva', "Janamghutti" etc to the child. Truly speaking these is not at all necessary. One should trust on nature and give only breast feed. Any disease needs doctor's advice.

- * These drugs may be harmful. There is no fix dosage of these drugs. Many gripe waters contain alcohol, "Balagoli" & "Janamghutti" contain opium, "somva-34" & "Harde" can cause colic & diarrhea

Can mother give her breast milk to another child?

When child is unable to take breast milk from its mother, the next best option is breast milk of any other mother. This is usual in joint families. Now a day, concept of milk banks is in upbringing wherein of mothers donate extra milk. Needy babies use it. What is to be ensured is that woman who will be breast-feeding the child should not have any abscess, thrush, or pustule over the breast. She should have HIV, Hepatitis B or harmful drugs passing in breast milk

PROBLEM OF THE WORKING MOTHER.

- ☺ It is advisable to breast-feed every child for the first 6 months. As per Govt. of India rules, maternity leave is allowable for 3 months on full pay and subsequently on reduced pay. Therefore, arrange leave in such a way that mother works before delivery and takes leave after that.
- ✓ 2 to 3 weeks before joining work mother should manually remove milk after feeding the baby every time. This stimulates milk production & in 15 to 20 days, produces extra milk. Remove extra milk 5 hours before work & use later to feed the baby during her absence.
- ✓ If possible, she should come home 3 to 4 times, during work hours & breast-feed the child. For this govt. & other employers are creating facilities of crèches at work place. After coming home, until next day morning, child should be frequently breast-fed.
- * Mother creates a sad situation when she starts bottle feeds well in advance to accustom the child & make a habit of it when she is ignorant of how to manage breast-feeding.