





## Troubleshooting



### Pain and discomfort?



Check latch – make a change / Kokos-oil (antifungus-supporting healing) or lanoline e.d. (fat) /expressing milk / support ...



### Skin damage?



Check latch-tongue-liptie? ...

Let it heal! / Cocos-oil / Hydrogel-pad (like 'Rite Aid') /



### Low milkproduction?



Hand)expression / Check latch-tongue-liptie? / Fenugriek e.d. / Domperidon (not without support) ...

Skin to skin / Feeding on demand / Massage /



### Inflamation / mastitis?



TLC ! / 'empty' your breast(s) / warmth before, cool down after / Phytolacca D6 – High dose vitamin C / Ibuprofen (if pain relief is needed) / no improvement?? <24 hrs: SUPPORT!

TLC ! / 'empty' your breast(s) / warmth before, cool down after / Phytolacca D6 – High dose vitamin C / Ibuprofen (if pain relief is needed) / no

improvement?? <24 hrs: SUPPORT!

**'discomfort' or pain?**  
**Make a change!**




Do you experience discomfort when you have your baby at your breast? Support your breast underneath with finger or whole hand to feel if it makes any difference.

### What if it doesn't work (yet)

- Different reasons
- Solution to all: skin to skin, oxytocin, baby-tempo, bounding, support
- Extra feeding needed? (Donated) breastmilk or formula? teaspoon/ syringe / sonde
- [\(Hand\)expression](#)
- Nipple shields?
- Manage expectations: "what to expect from the first 40 days?"



**Or call for support!**

**Lactation consultant**

**Marieke van Luin**

**06-1541 7909**

# Expressing breastfeeding

## Expressing milk



- Prenatal and postnatal possibilities
- Buy or rental?
- Useful or necessary?
- Legal rights as employee
- Don't forget your hands/skin/warmth / oxytocin☺
- Hands on pumping (>08.20 min)  
<http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>
- Quality pump / right size shield
- Look for an answer
- Boobs in Business? Workshops



## Tips and tricks

### Hold on to breastmilk: freeze it

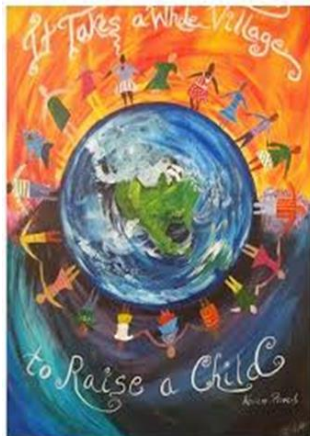
- Quality freezer up to 3 mnths to 1 year! 
- Morning or full breast e.g.
- Ice-cube tray:

Normal cleaning before 1st use  
1x cleaning with boiled water  
Cover with freezer-plastic





## Links of interest



- Support needed? *Call me* or search professional lactation consultants IBCLC ([www.NVLborstvoeding.nl](http://www.NVLborstvoeding.nl))
- ‘Well trained’ volunteers La Leche League LLL (in all languages information available)
- breastfeeding materials: [www.prolacta.nl](http://www.prolacta.nl) – [www.babyenborst.nl](http://www.babyenborst.nl) – [www.aidulac.nl](http://www.aidulac.nl) – [www.deboezemvriend.nl](http://www.deboezemvriend.nl)

### Youtube and other informational ‘links’

- ‘A good latch NZ’ <https://www.youtube.com/watch?v=mK7-ftkOjJk>
- Laid Back Breastfeeding [www.nancymohrbacher.com](http://www.nancymohrbacher.com)
- Stanford University about Maximizing Milk production / ‘hands on’ pumping
- [www.borstvoeding.com](http://www.borstvoeding.com) (Dutch information) / [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au) (English)
- “Hands on pumping “  
<http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>
- Hand-expression: <http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
- Tips after C-Section: <https://kellymom.com/ages/newborn/newborn-concerns/c-section/>