




## **SERIES 3**

### **ESSENTIAL INSIGHTS INTO BREASTFEEDING**

Answers to your  
every question




## Introduction:-


New born mothers and all the mothers around the world have their concerns when it comes to breastfeeding.

Sometimes you may not know why your baby is refusing to breastfeed or what so special about breastmilk that it is universally considered as the gold standard of nutrition for the baby.

It is important to know the science and reason behind it, so that a mother can have a comfortable breastfeeding journey.

In this series, we have tried to cover all the important doubts a mother can have.






## Why is my baby refusing to breastfeed?


Sometimes babies struggle to latch on to breastfeed after they are born. It can be worrying for parents and make mother's think that something is wrong with their breasts or breastmilk.

But understanding the right cause can help you to find a solution for your baby and you can comfortably breastfeed them.

Some of the common reasons new born babies could find it difficult to latch on are

- Medication used during labour like epidural, anaesthesia etc can make your baby sleepy or groggy.





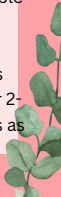
A difficult labour or birth can make your baby feel sore or they can have a headache if the mother had any kind of interventions during labour or even if the baby was born too quickly.


Experiencing discomfort due to birth injury or bruising.

Getting separated from your baby right after birth

Your baby might have a tongue tie  
·Swallowing mucous at birth can make your baby feel congested, uncomfortable or even nauseous.

Even older babies can refuse to breastfeed sometimes, this is known as nursing strike. This usually happens for 2-4 days but can also happen for 10 days as well.





Following are the reasons your older baby might refuse to breastfeed.

Strong or fast flow of milk which is making it difficult for your baby to latch


Your baby has a painful mouth, mostly because they are teething or have an infection like thrush


Change in the taste of your milk. It can be due to your menstrual cycle

- Introduction of more solid food

Small number of babies can struggle with severe reflux, known as GORD – Gastro oesophageal reflux disease, So your baby can confuse feeding with pain.

Once you understand the reason behind their refusal to breastfeed, you can find a solution to it.









## What is my breastmilk composed of?

Your breastmilk is an excellent source of nutrient for your baby. It is recognized by health organizations around the world as the only ideal source of nutrient for the baby.

Breastmilk provides everything your baby's body requires for proper growth and nutrition. As breastmilk contains antibodies that pass from mother to baby, it helps protect babies from getting sick and build their immune system. Your breastmilk contains 90% water and the below mentioned compositions.



- 
- Carbohydrates – milk sugar known as lactose, Oligosaccharides
  - Lipids (FATS)
  - Proteins – Lactoferrin
  - Immunoglobulins (Antibodies)  
Secretory Immunoglobulin A (IgA)
  - Hormones
  - Enzymes- Lysozyme
  - Vitamins – A, D,E, and K
  - Minerals – Iron, Zinc, Calcium, sodium, chloride, magnesium, and selenium.
- 




## Can you get pregnant while breastfeeding your baby?


The simple answer is YES.

When you are breastfeeding, it offers some protection from ovulation, but it is also possible to ovulate and become pregnant before you get your first period.

The key players in your pregnancy during breastfeeding are the hormones oxytocin and prolactin.

These hormones are responsible for milk production and reducing reflux.







When there's an increase in these hormone levels, it can actually suppress the brain from making the important hormone that stimulates the ovary to grow an egg every month.

When you are breastfeeding on a consistent basis, there are fewer chances of you ovulating at all until you start to wean.

But this doesn't mean that you cannot ovulate or conceive.

The protective effect of breastfeeding becomes less effective since you have delivered the baby.







## Does living with Pcos affects breastfeeding?

Some women with PCOS may experience low milk supply

But first let's start with understanding what PCOS is?

Women with PCOS produce higher than normal male hormones that results in fertility problems, acne, excessive body hair, obesity and increased risk of Type II diabetes.





Now what about breastfeeding women who are diagnosed with PCOS?

Some women who have PCOS may experience low milk supply and some women will not experience any issues with breastfeeding.

There are also certain number of women who may experience over supply of milk.

