


**ESSENTIAL INSIGHTS INTO  
BREASTFEEDING SERIES 6**

*Here and there about  
breastfeeding that you  
should know*





## Introduction

When you are pregnant or especially breastfeeding, there are certain things you should know or must learn.

Sometimes your baby will refused to breastfeed or there will be do and don't list you need to follow during breastfeeding and pregnancy.

This is exactly what this series will cover. Give you information of every little thing about breastfeeding and pregnancy.

## 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.

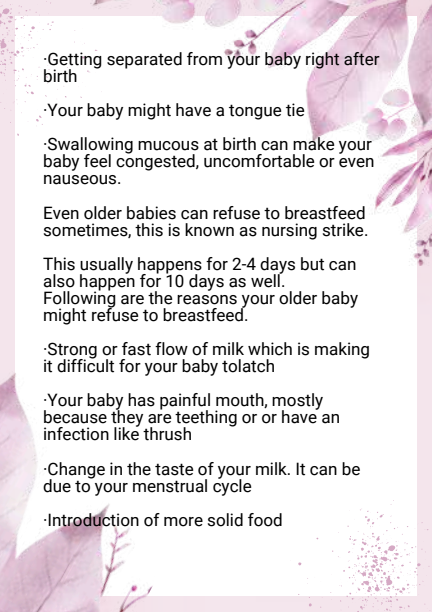
But understanding the right cause can help you to find a solution for your baby and you can comfortably breastfeed them.

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.

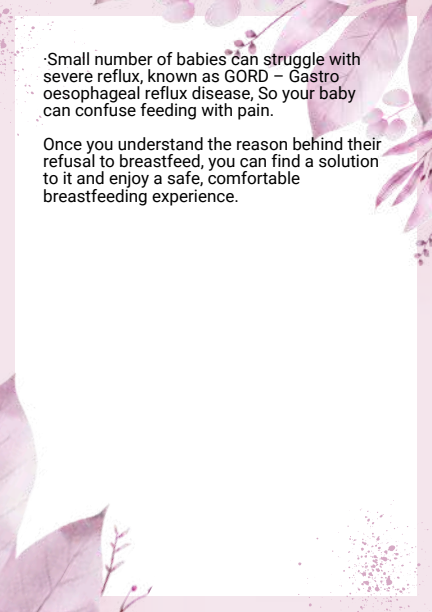
Following are the reasons your older baby might refuse to breastfeed.

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

·Your baby has 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 and enjoy a safe, comfortable breastfeeding experience.

## 1) 7 common causes of inverted nipples

- Breastfeeding
- Injury
- Aging
- Born with inverted nipples
- A bacterial infection like mastitis
- Breast Cancer
- Formation of an abscess under the areola

Nipple inversion is one of the most common variations of breasts. You can either be born with it or get it during pregnancy.

Most of the time, inverted nipples won't cause any harm to the body, but if they suddenly start appearing, you should consider visiting your gynaecologist.

Only in rare cases can nipples that begin to turn inward be a sign of breast cancer. The earlier the detection, the easier it is to treat.

## 2) Symptoms of Mastitis during breastfeeding

- Breast tenderness or warmth to touch
- Feeling ill
- Fever of 101 F or greater
- Breast swelling
- Breast lump or thickening of breast tissue
- Pain or burning sensation during breastfeeding

Mastitis can happen mostly to breastfeeding woman, but it can also happen to woman who are not breastfeeding. Lactational

Mastitis can often make you feel tired and sick, which can make it difficult to take care of your baby. Mastitis can be painful and uncomfortable but you need to keep breastfeeding your baby even when you are taking medications for it.

### 3) 7 reasons you breastmilk changes colour

- Consuming food with artificial dyes
- Foods that are rich in beta-carotene, like carrots, etc.
- Green vegetables
- Drinking coloured sodas or beverages
- Freezing breastmilk
- Taking medications or any vitamins
- Cracked nipples or ruptured capillaries

Breastfeeding is a completely new experience for every woman, and so the varying colours of the breastmilk can make you confused and scared. Just know that it's perfectly okay to see a colour variation in your breastmilk.

But if it continues to bother you or you notice any other symptoms, feel free to visit your Gynaecologist.