



Common Breastfeeding Challenges



Breastfeeding may not come easily to many moms and babies. Most breastfeeding issues arise within the first 2 weeks of life, and can cause a lot of frustration for both mom and baby. Some moms will struggle within those first weeks, while others may start off wonderfully and run into issues down the road. Whatever your breastfeeding challenge is, please know that there is a solution for just about every problem you may encounter. Try not to get discouraged! The easiest and best thing you can do is to seek help as soon as an issue arises. Many problems can be quickly and easily remedied, but if you wait too long to get help a simple problem may result in a more complicated matter. Please be sure to seek the advice of a professional lactation consultant at the earliest sign of an issue.

Below are some common challenges that moms may encounter while breastfeeding:

- Painful breasts and/or sore nipples
- Low milk supply concern
- Fussy baby at breast
- Plugged Milk Ducts
- Baby pulling on & off the breast
- Mastitis
- Thrush

If you have been struggling for more than a day with breastfeeding, we recommend being seen in person by a lactation specialist, if at all possible. We have included tips to help with the above challenges in the Breastfeeding section of our library. We also have a Breastfeeding Resource page that will help you find the support you need in your area. Be patient with your baby and yourself during this time and do your best to get through this rough patch. The most important influence on



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meeting your breastfeeding goals is surrounding yourself with a strong support network. When you run into difficulties, reach out to your network for help. Lean on those who support your decision and seek advice from individuals who can provide you with a non-judgmental, sensitive approach to what you are experiencing. Breastfeeding should be a wonderful experience, and although it may be met with a few challenges, you can overcome them with the right guidance and proper advice.



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