

5 Sore nipples

Painful nipples are usually caused by poor attachment to the breast. A poorly attached baby pulls the nipple in and out of the mouth as he sucks and this rubs the skin of the breast against his mouth and it is very painful for the mother. If the baby continues to feed this way, it damages the skin of the nipple and causes a crack.

- It is important to take a bath daily and clean the breast regularly so that the sores heal quickly.
- The mother should rub a little expressed breast milk over the nipple with her finger. This promotes healing.

6 Thrush

Sore nipples could also be caused by infection in the mouth, known as 'thrush'. Thrush can make the skin sore and itchy.

- Some mothers describe a burning or stinging which continues after a feed.
- Sometimes the pain shoots deep into the breast.
- A mother may say that it feels as though needles are being driven into her breast.

Check the baby white patches on the tongue and cheeks. He may also have a rash on his bottom. To treat thrush, both the mother and the baby should go to the clinic.



BREAST CONDITIONS IN BREASTFEEDING WOMEN



There are several problems that would make breastfeeding a baby difficult and uncomfortable for a mother. These include flat nipples, sore nipples, swollen breasts, and breast abscess.

1 Flat nipples

Flat nipples - this is when nipples are not sticking out on the breast. This makes it difficult for the baby to attach to the breast and breastfeed. These can be corrected if the baby feeds regularly at the breast.

If a baby cannot breastfeed properly in the first weeks of life, a mother should try the following;

- Express breast-milk by squeezing it into a cup and feed it to the baby, using a cup and spoon. Expressing milk will make the breasts soft and easier for the baby to breastfeed.
- To encourage the baby to breast feed directly from the breast, squeeze a little milk into the baby's mouth
- Continue to give the baby skin-to-skin contact, and let him try to attach to the breast on his own.

2 Swollen Breasts

Swollen breasts are painful, which makes it difficult for the mother to breastfeed.

3

Blocked duct

Blocked ducts happen when the baby does not breastfeed often enough to empty the breast and the breast milk thickens.

Breasts may become swollen if:

- A mother does not breastfeed the baby immediately after birth.
- The baby is not well attachment to the breast makes it difficult for milk to flow out easily.
- The baby is not breastfeeding enough times in a day.
- The baby not breastfeeding long enough to empty the breast.

To prevent swollen breasts,

- The baby should be put to the breast immediately after birth.
- The baby should breastfeed long enough to empty the breasts
- The baby should breastfeed many times a day

To treat swollen breasts

- Express breast milk and continue to breast feed the baby
- Breastfeeding the baby is the best way to remove milk.
- To improve milk flow, mother should sit comfortably and put a warm damp cloth on the breasts.
- Partner can rub the mother's back, neck and breast up and down gently and gently pulling at the nipple
- The mother can take a warm shower or bath

After a feed, mother should put a cold damp cloth on her breasts to help reduce the swelling.

4

Breast Abscess

A breast abscess is a painful collection of pus that forms in the breast. Most abscesses develop just under the skin and are caused by infection. Breast abscess should be treated at the clinic

How to feed when you have a breast Abscess

- Mother should express her milk.
- Let her baby start to feed from the breast as soon as the pain is less (usually in 2 to 3 days).
- Meanwhile, continue to breastfeed from the other breast.

This makes it difficult for the milk to flow out. This happens when:

- the baby begins to feed less times a day for example, when the baby begins to sleep through the night
- the mother goes back to work or too busy to feed the child often

The symptoms of a blocked duct are;

- A painful lump,
- Redness of the skin over the lump

Blocked ducts and swelling can be treated by making sure that milk is removed from the breast.

If the condition symptoms are severe, the woman should immediately seek treatment at a health Centre.