

MAIN BREASTFEEDING DIFFICULTIES

1

PAIN



Breastfeeding should not be painful. If you have cracked nipples or persistent inflammation, you can use appropriate nipple shields (usually the bigger size) and take anti inflammatory medication.



Anti inflammatory



Nipple shields

Turning early to your midwife or breastfeeding support group can help to correct the cause and to find adequate solutions.

2

BABY WITH SUCTION PROBLEMS



If the baby has latching difficulties, falls asleep during feeds, the breast slips away constantly or the feed is painful, even if it is neither an ill nor an immature baby, he could be experiencing difficulties.



Milk extracted

In the meantime, the baby may need for you to pump the milk and give it to him/her or topping up with other milk.

3

PUMPING BREASTMILK NEEDS ASSISTANCE AND RESOURCES



If you are worried you don't have enough milk or other people have to feed the baby while you are away, you may need to pump your milk.



Breast pump

You can request breast pumps as a loan and to rent (they are expensive and not all of them are useful) and learn an adequate management with your midwife or your breastfeeding support group.



www.amamantarasturias.org
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C/ El Laurel 12, bajo Avilés

INFORMACIÓN GENERAL
(+34) 647 80 10 30

ENCUENTROS DE APOYO, de octubre a junio, entre las 5 y las 7:30 de la tarde. A los que puedes acudir con las/os niñas/os:

1er viernes GUJÓN:

LOCAL ASOCIACIÓN AMAMANTAR
C/ Puerto Cerrado nº8, bajo (puerta morada)

3er viernes OVIEDO:

Hotel de Asociaciones Santullano. Sala 1.
C/ Fernández Ladreda, 48
(frente al C.C. Los Prados)

ATENCIÓN PERSONALIZADA Y GRATUITA

Solo con cita previa por web, el calendario de citas se abre cada domingo para la semana inmediatamente siguiente.

AVILÉS: Punto de Apoyo en Asociación de Vecinos "El Camín",
C/ Bernardino Guardado, 19 - Bajo posterior

GUJÓN: Punto de Apoyo en C/ Puerto Cerrado, 8 - bajo (puerta morada)

OTROS TELÉFONOS INFORMACIÓN / CONSULTAS

Teléfonos de otros grupos de apoyo en Asturias:

GUJÓN: Natalia 806 64 67 07

Lactamor (zona Occidente): Clara 617 277 079

AVILÉS: Ana Aduara 688598489

CANGAS DE ONÍS: Amparo (tardes) 620 12 86 66

Grupo de apoyo ante pérdidas perinatales:

Asociación Brazos Vacíos

Email: asociacionbrazosvacios@gmail.com

Colabora



Principado de Asturias

Consejería de Salud



Estrategia de Salud de las Mujeres de Asturias






















www.asturialud.es - Lactancia materna
www.asturialud.es/noticias/noticias/lactancia-mater-2

Financia



INSTITUTO ASTURIANO DE LA MUJER

SIGNS THAT FEEDING IS GOING WELL

Your Baby's Age	1 WEEK							2 WEEKS	3 WEEKS
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS		
How Often Should You Breastfeed? Per day, on average over 24 hours	       								
At least 8 feeds per day. Your baby is sucking strongly, slowly, steadily and swallowing often.									
Your Baby's Tummy Size	 Size of a cherry		 Size of a walnut		 Size of an apricot		 Size of an egg		
Wet Diapers: How Many, How Wet Per day, on average over 24 hours	 At least 1 WET	 At least 2 WET	 At least 3 WET	 At least 4 WET	 At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE				
Soiled Diapers: Number and Colour of Stools Per day, on average over 24 hours	  At least 1 to 2 BLACK OR DARK GREEN		 At least 3 BROWN, GREEN, OR YELLOW		 At least 3 large, soft and seedy YELLOW				
Your Baby's Weight	Most babies lose a bit of weight in the first 3 days after birth.			From day 4 onward, most babies gain weight regularly.					
Other Signs	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.								