



BREASTFEEDING PROBLEMS



POSITIONING & ATTACHMENT

Positioning and attachment to the breast are the cause of most breastfeeding problems.

Half of mothers have difficulty with attachment to the breast in the early days

Of those who stop breastfeeding, 77% had problems with attachment to the breast

Face to face support from an expert in lactation is often available from a breastfeeding clinic, community breastfeeding support drop in or private lactation consultant

When face to face support is unavailable, families can use the National Breastfeeding Helpline 0300 100 0212 (English/Welsh/Polish; 930am-930pm 7 days a week including bank holidays). There is also a webchat option



SUPPORT



BREASTFEEDING SOLUTIONS

Expert assessment of positioning and attachment is so important that NICE recommends it as the first line treatment for:

Breastfeeding pain

Suspected colic

Gastro-oesophageal reflux disease

Faltering growth