







3. Sore Nipples

MODULE 4

The nipples may become tender during the first few days birth. This situation should improve daily. Breastfeeding should not be painful. Check the following table if you have sore nipples.

ADVICE TO RELIEVE SORE NIPPLES	
	The baby is positioned correctly if: <ul style="list-style-type: none">• the head and body are level with the breasts.• the chest is facing your chest.• the mouth is facing your breast.
	Your baby is latched properly if: <ul style="list-style-type: none">• the mouth is wide opened.• the lips are turned outward.• the chin is pressing against your breast.
	If you want to remove the breast from the baby, slide your little finger in the baby's mouth between the gums to stop the sucking.
	After feeding, extract a little milk and spread it on the nipples and the areola. Let your breasts dry before putting on your bra.
	Certain creams and ointments can help. For additional information, contact a breastfeeding specialist.
	Wait until your baby is comfortable with breastfeeding before giving a bottle or soother. This will occur between four and six weeks.



Ask for help immediately if your nipples are sore even though the baby is well-positioned and feeding properly.