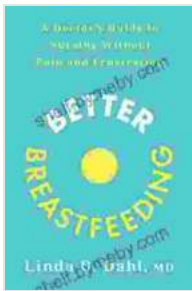


# Doctor Guide To Nursing Without Pain And Frustration

Are you struggling with pain and frustration while nursing? If so, you're not alone. Many people experience pain and frustration while nursing, but there are things you can do to make it easier. This book will teach you how to nurse without pain and frustration, so you can enjoy this special time with your baby.



## Better Breastfeeding: A Doctor's Guide to Nursing Without Pain and Frustration by Linda D. Dahl

★★★★☆ 4.6 out of 5

Language : English  
File size : 11623 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 287 pages



## What causes pain and frustration while nursing?

There are many factors that can contribute to pain and frustration while nursing. Some of the most common causes include:

- **Incorrect positioning:** If you're not positioned correctly, it can put pressure on your breasts and nipples, which can lead to pain.

- **Poor latch:** If your baby doesn't latch on properly, it can cause pain and damage to your nipples.
- **Engorgement:** If your breasts are engorged, it can make it difficult for your baby to latch on and can lead to pain.
- **Mastitis:** Mastitis is a breast infection that can cause pain, swelling, and redness.

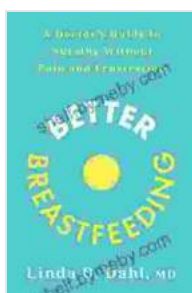
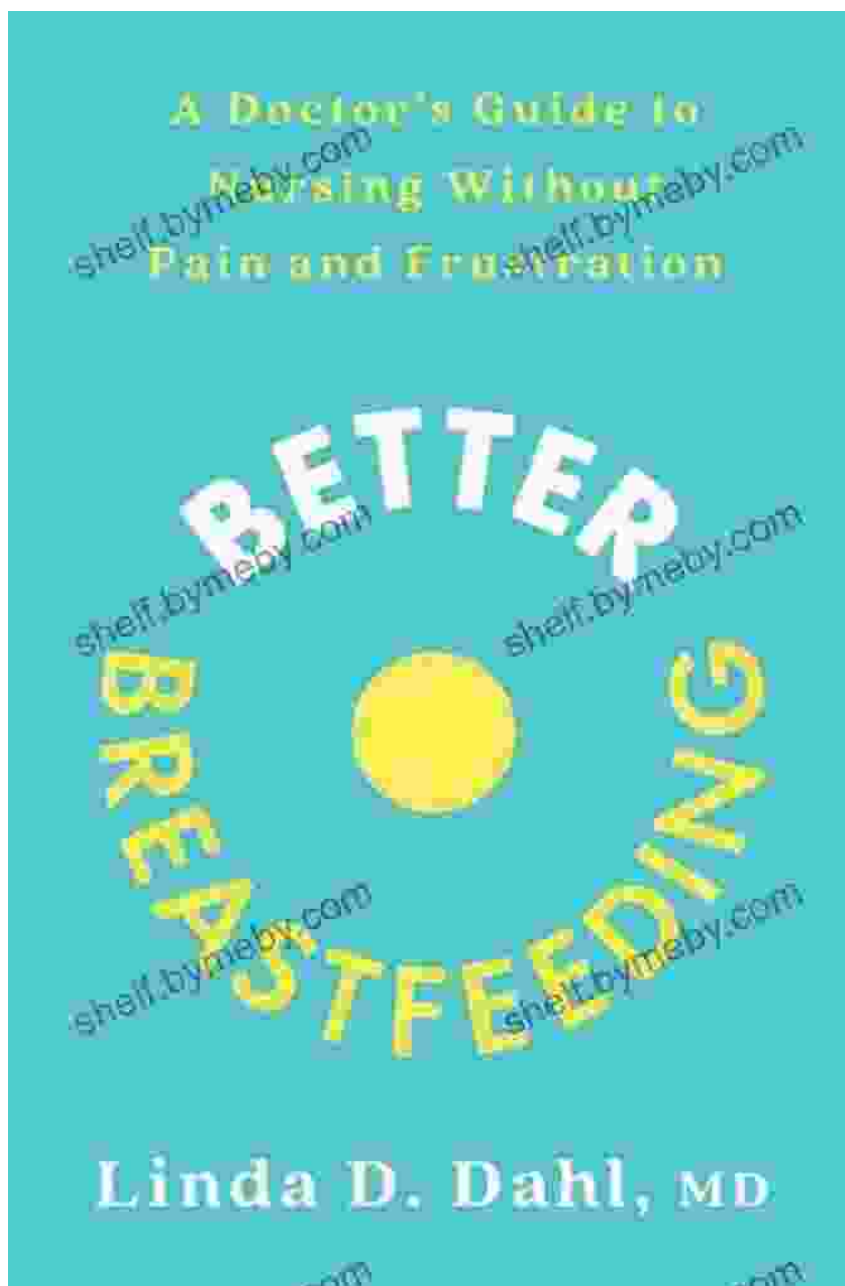
## **How to nurse without pain and frustration**

There are a number of things you can do to nurse without pain and frustration. Here are some tips:

- **Make sure you're positioned correctly:** The best position for nursing is to sit up straight with your baby supported in your arms. Your baby's head should be level with your breast and their nose should be touching your nipple.
- **Help your baby latch on properly:** To help your baby latch on properly, make sure their mouth is wide open and their lips are flanged out. They should also be suckling on the entire nipple, not just the tip.
- **Avoid engorgement:** To avoid engorgement, nurse your baby frequently and empty your breasts completely each time. You can also massage your breasts or use a breast pump to help empty them.
- **Treat mastitis:** If you develop mastitis, it's important to treat it promptly. Mastitis can be treated with antibiotics and pain relievers.

Nursing can be a wonderful experience, but it can also be painful and frustrating. By following these tips, you can learn how to nurse without pain and frustration and enjoy this special time with your baby.

Free Download your copy of Doctor Guide To Nursing Without Pain And Frustration today!



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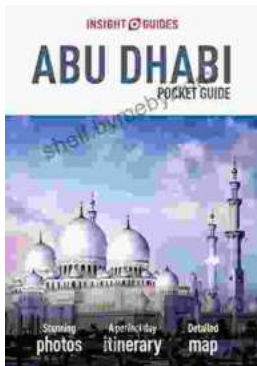
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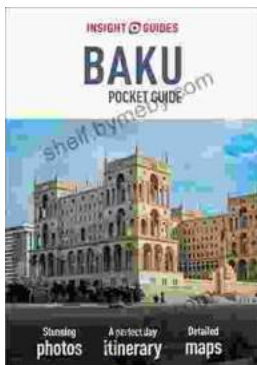
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