

theGYN nextdoor

BREAST MILK

A Practical Guide

For New Moms

Breast milk is more than nutrition — it's protection, comfort and the best start your baby can have.

- Perfectly Designed for Your Baby
- Boosts Immunity
- Easy to Digest
- Strengthens Your Bond
- Always Available

You're doing better than you think, mama. ♡

1. THE MAGIC OF BREAST MILK

Breast milk is uniquely made for your baby and keeps changing as your baby grows.

COLOSTRUM – THE FIRST GOLD

- Thick, yellowish milk made in the first few days
- Rich in antibodies & proteins
- Acts as baby's first vaccine
- Small in quantity but powerful in protection



MATURE MILK *(After a few days)*

- Foremilk – quenches thirst
- Hindmilk – richer in fat, keeps baby full
- Composition changes with every feed



BENEFITS FOR BABY

- Stronger Immunity
- Better Brain Development
- Easy Digestion
- Lower Risk of Infections
- Healthier Growth

BENEFITS FOR MOM

- Speeds up Recovery
- Reduces Risk of Breast & Ovarian Cancer
- Helps Uterus Return to Normal
- Saves Time & Money
- Deeper Emotional Bond

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2. HOW MILK SUPPLY WORKS

Supply runs on a simple rule:

More milk removed = More milk made



Baby suckles / you express milk





Signals sent to the brain



Hormones help milk flow & make more milk



WHAT HELPS YOUR SUPPLY?

- Frequent feeding (8–12 times/day)
- Good latch & effective milk removal
- Night feeds (very important!)
- Stay hydrated & eat nourishing food
- Rest whenever baby rests
- Manage stress & ask for help



REMEMBER

It's normal to have ups and downs.
Consistency over a few days is what matters,
not one feed or one day.

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3. GOOD LATCH, HAPPY FEED

A good latch = Comfortable for you & effective for baby

SIGNS OF GOOD LATCH

- Baby's mouth wide open
- More areola visible above baby's top lip
- Chin touches breast
- Lips flanged out
- You feel tugging, not pain
- Baby's cheeks look round while sucking

SIGNS OF POOR LATCH

- Nipple pain or pinching
- Baby's mouth not wide open
- Only nipple in mouth
- Tucking in of lips
- Clicking sounds
- Baby gets frustrated or falls asleep quickly

HOW TO GET A GOOD LATCH



1. Position baby close to you
2. Nose opposite your nipple
3. Wait for wide-open mouth
4. Bring baby closer, chin first
5. Hold baby close & support

COMMON LATCH PROBLEMS & TIPS

Painful latch	→	Break the suction gently and latch again
Baby sleepy	→	Skin-to-skin, rub back/feet, talk to baby
Nipple/feeding issue	→	Check latch and ensure more areola is in baby's mouth
Clicking sounds	→	Check latch
Infant has tongue tie suspected	→	Consult a lactation expert/doctor

Pain is NOT normal.
Get help early.



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4. DIFFERENT WAYS TO BREASTFEED



CRADLE HOLD

- Baby's head in the crook of your elbow
- Good for comfortable feeds



CROSS-CRADLE HOLD

- Opposite hand supports baby's head
- Gives more head control
- Great for newborns



FOOTBALL (CLUTCH) HOLD

- Baby tucked under your arm
- Good after C-section
- Helpful for twin feeding



LAID-BACK (BIOLOGICAL NURTURING)

- Lean back, baby on your chest
- Uses gravity & instincts
- Great for bonding & milk flow



SIDE-LYING POSITION

- Rest while feeding
- Helpful for night feeds
- Ensure baby faces you, nose at nipple level

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5. INCREASING MILK SUPPLY

Evidence-based ways that help

Frequent & Effective Feeding

- 8–12 times/day
- Don’t skip night feeds

Ensure Good Latch

Poor latch → poor removal → low supply.

Breast Compression

Gently squeeze while feeding
to help baby get more milk.

Pumping / Hand Expression

After feeds to drain breasts well.

Skin-to-Skin Contact

Boosts hormones & milk production.

Stay Hydrated

Drink to thirst. No strict limits.

Nourishing Food

Oats, methi, flaxseeds, almonds,
sesame, dates, green leafy veggies,
protein, healthy fats.

Manage Stress & Rest

Stress lowers milk supply.

FOODS MAY HELP



Oats · Methi · Jeera



Flaxseeds · Almonds · Sesame



Dates · Fennel · Garlic

Not magic foods — just supportive!

HERBAL GALACTAGOGUES

Use after consulting your doctor.

- Shatavari
- Methi
- Jeera
- Saunf
- Dill leaves
- Baripasha

Not for everyone.
Always check for allergies &
medical conditions.

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6. PUMPING & HAND EXPRESSION

PUMPING TIPS

- Start after breastfeeding (if needed)
- 15–20 minutes both breasts
- Use a comfortable suction
- Store milk safely
- Pump at work? Plan a routine



HAND EXPRESSION – QUICK GUIDE



1. Wash hands



2. Make a C-shape with fingers



3. Press back towards chest



4. Compress

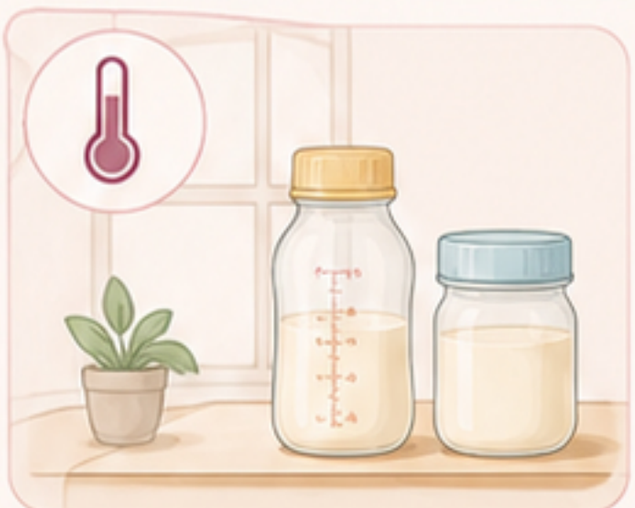


5. Collect the milk

Great for early days & when pumps are not available.

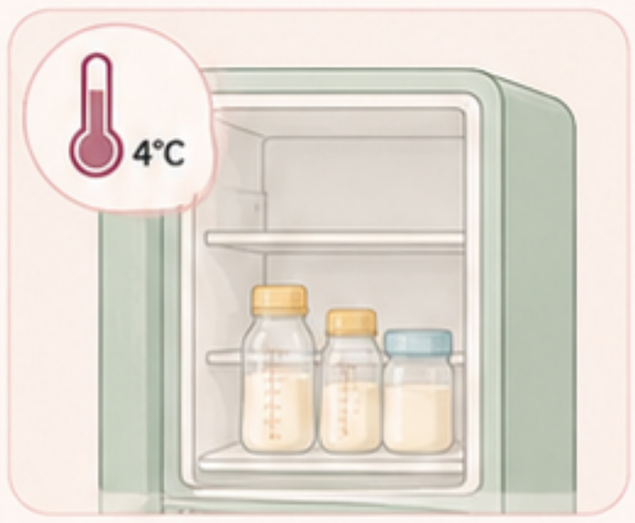
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7. STORING BREAST MILK



AT ROOM TEMPERATURE

- Up to **4 hours** (below 25°C)



IN REFRIGERATOR (4°C)

- Up to **4 days**



IN FREEZER

- Freezer compartment: **2 weeks**
- Deep freezer (–18°C): **up to 6 months**

HOW TO STORE



- Use clean containers or milk storage bags



- Label with date & time



- Leave some space at the top

HOW TO THAW



- Thaw in refrigerator or under running warm water



- Do **not** microwave



- Use within **24 hours** after thawing

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8. COMMON CONCERNS



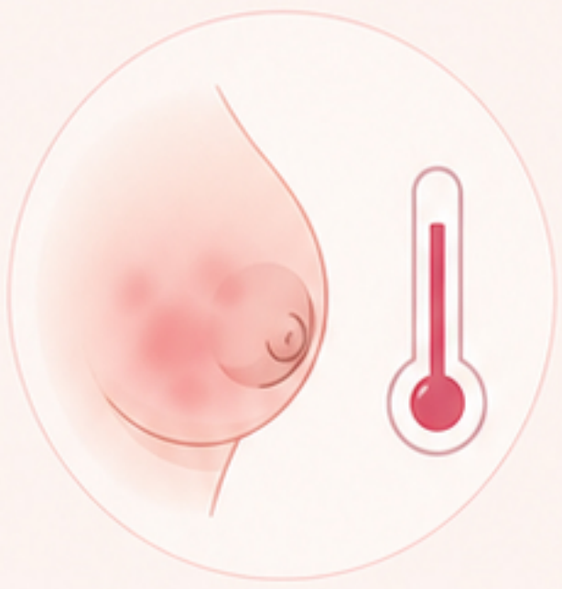
ENGORGEMENT

- Feed frequently
- Warm shower or compress before feed
- Cold compress after feed
- Hand express a little to relieve pressure



SORE NIPPLES

- Check latch
- Express breast milk & apply on nipple
- Air dry
- Use lanolin if needed



MASTITIS

Breast infection

- Red, painful, fever, flu-like symptoms
- Don’t stop feeding
- Warm compress & rest
- See your doctor — may need antibiotics



SIGNS BABY IS GETTING ENOUGH MILK

- 6+ wet diapers/day after day 5
- Passing stools regularly
- Baby looks satisfied after feeds
- Breasts feel softer after feed

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9. WHEN TO SEEK HELP

- Severe nipple pain or bleeding
- Baby not latching well
- Very little or no urine/stool
- Baby losing weight
- Signs of mastitis
- You feel overwhelmed or anxious



You don't have to do it all alone. Ask for help.
It takes a village to raise a baby.

With love,

Dr. Sharanya
(TheGynNextDoor)

You are enough. Your milk is enough.
Your baby is lucky to have you.

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