

Positive Preemie Breastfeeding Tips

Breastfeeding is a hot topic these days in the general baby world.

However, for mothers of preemies it is a huge challenge and one that does not always work out well. Pull the guilt, the shame and the anger out of this and read on:

- 1. Guilt is Has No Place with Breastfeeding:** It will cause you to second-guess yourself at every turn. Rather than focus on the negatives, focus on what you can do - pump breastmilk, do Kangaroo Care to promote possible breastfeeding, and work with helpful professionals to discuss other options..
- 2. Pumping is Wonderful and Any Amount You Can Do is Fabulous:** This is not a competition on who is the better Mom, this is about trying to help your baby. If pumping is not doable, then again focus on other forms of nutrition. It is all about feeding the baby, period.
- 3. Get Cozy with Your Lactation Consultant:** Want to breastfeed? Make it clear that you are depending on help to make this happen. You need support. Go in asking questions, noting challenges and concerns. Take notes. Ask more questions, note more challenges and more concerns. If you are serious about this, then the Lactation Consultant will take you seriously and work harder to help you. If not, consider asking for another consultant. And remember, Rome was not built in a day. Patience is key here. So take your time and keep trying.



4. If you are not able to breastfeed or pump, focus on the fact that you are being a great advocate for your child by making sure you have explored all other feeding options: Ask the doctors, nurses, and nutritionists questions. Ask for samples. Consider testing each type before deciding.

5. You are the Mother. You are in Charge. You therefore will make decisions on how best to care for your baby. If someone outside of the NICU gives you grief about breastfeeding practices or not breastfeeding, let them know you are all for it if they move into your house for 24/7 support with that plus the medical equipment, you will be happy to try again.



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