



Common Breastfeeding Concerns

73% of mothers ask for advice to help solve breastfeeding concerns. While breast milk is the normal food for babies designed by nature for human infants, it is not necessarily easy. Many mothers are afraid about not having enough milk. There are solutions for most mothers.

Question One:

Are you experiencing any pain or discomfort when your baby attaches to your breast?

Question Two:

How many wet nappies is your baby having in a 24 hour period?

Question Three:

Is your baby settled after feeds?

What steps to take next?



1 Discuss this guide sheet with your Child Health Nurse or Lactation Consultant.

2 Bring this completed guide sheet to your Baby Steps **CHILD HEALTH NURSE or LACTATION CONSULTANT APPOINTMENT.**

3 Call Baby Steps today to make a booking **08 9387 2844.**

Join the Baby Steps Community



/Babystepshealthcentre



@babystepshealth



@babystepshealth

Important: Please seek medical attention if you are concerned about you baby's health due to breastfeeding concerns.