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Four Problems And Solutions On Feeding Your Newborn

By Amy Fadden

Parents always want to give their babies the very best. When it comes to nutrition, there is nothing like breast milk. Although it's sound so easy to give breast milk to baby, for some women, there are always problems. Here are some problems that might happen and the best solutions you might want to try if you face such problems below:

1. Problem: A common problem that majority of the moms comes across while breastfeeding is difficulty in positioning the baby and getting the baby to "latch on" to the breast correctly.

Solution: This problem generally arises when mother's breasts are fully engorged with milk. Engorgement makes the breast hard and flattens the nipples so the baby has nothing to latch on. The methods that help reduce engorgement will soften the breast allowing the nipple to protrude. An easy way to solve to reduce engorgement is to nurse the baby as frequently as possible. You may also consider expressing the milk using electric or hand pumps. The expressed milk can be refrigerated and fed to the baby later on. Wearing nipple shields half an hour before feeding the baby may also make the nipples protrude. If this problem still persists, you may squeeze the end of breast lightly and offer the nipple to baby.

2. Problem: Another common problem is insufficient milk production by moms.

Solution: To increase milk production, you can apply a warm compress to your breasts before feedings. Doing so will make the let down reflex better. You may also massage your breasts during feedings. Another way to increase milk production is by feeding your baby frequently, at least every 2-3 hours. Doing so would stimulate more milk production. You may also consider pumping your breasts for five minutes when you are not feeding your baby to stimulate milk production. Furthermore, drink plenty of fluids, eat a well-balanced diet, and take time to relax throughout the day and night. Lastly, avoid smoking as nicotine also decreases the milk supply.

3. Problem: Fussiness of babies while feeding.

Solution: This is the frequent problem faced by most of the mothers. Your baby may be crying because of many reasons, e.g., a burp ready to come up, you might have no more milk left in your breast or

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your baby may be full. Thus, stop the feeding and make your baby burp. Thereafter, offer the second breast to your baby if she appears to be hungry. If your baby is bottle-fed, follow the same process, i.e., interrupt feeding and make your baby burp at least twice or thrice while feeding.

4. Problem: Lactose Intolerance (inability to digest lactose) to baby. Some babies are unable to digest the sugar lactose, which is in cow's milk formulas. They are said to be lactose intolerant. Symptoms of lactose intolerance may include excessive gas, abdominal swelling and pain, and diarrhea. Solution: If you are breastfeeding, alternate it with lactose free formula as breast milk contains appreciable amount of lactose. Secondly, avoid taking dairy products, as they are likely to enhance lactose levels of breast milk you produce. Thirdly, try to finish one breast before offering the second to your baby. By doing so, your baby will get more of hind milk, which is richer in fat and help cure diarrhea seen in lactose intolerant babies. Finally, a potential solution to this problem may also be switching over to

soy-based infant formula, or other special lactose-free formula, several of which are commercially available.

Amy Fadden, author of "Newborn Guide, Nursing A Baby in Its First Month." She said, bringing a baby into the world should be one of the most exciting and rewarding times of your life. Visit her Website [NewbornSecrets.com](http://www.newbornsecrets.com) at

<http://www.newbornsecrets.com>

Baby Sleep Tips – Feeding During The Day

By Brandon C. Hall

Every parent of a newborn will inevitably deal with many sleepless nights. Babies, of course, have many needs, and when they awake in the night they will cry for their mothers. One of your most important tasks as a parent is to establish good sleeping habits in your child. Every baby must go through a transition where he adjusts from sleeping with his mother to sleeping on his own. This is a natural transition of course, and takes some time, but there are things you can do to expedite the process. Not only will this help your child develop better sleep habits, it will allow you to get some much needed rest.

Many baby sleep tips exist, and every parent would be well advised to research many different baby sleep tips. It is important to keep in mind, however, that no baby sleep tip should be considered hard and fast rules. As a parent, your instincts know best, and when you are in doubt in regards to baby sleep tips remind yourself of this fact. Many first time parents experience insecurity in terms of whether their decisions and strategies are correct, and while you shouldn't be uninformed, you should always view baby sleep tips through the lens of your own parental instincts.

Now, one thing you should consider when trying to get your newborn to sleep better at night is what his

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feeding habits are. Oftentimes the child will be active and otherwise busy during the day, and won't be doing a lot of feeding. The problem with this, of course, is that he will then wake you repeatedly throughout the night for feedings. A good technique, then, for getting your baby to sleep better at night is to "tank up" during the day. Try feeding every three hours during the day. This will not only ensure that your child's appetite is satisfied for the night, but will create an important association: you want your child to associate feeding with the daytime. If your child does wake up in the night for a feeding, try to get him to do one full feeding the first time he wakes up. If you don't do this, you encourage him to "snack" throughout the night – i.e. wake you up every couple hours.

Again, it is important to understand these baby feeding tips should not be taken as hard and fast rules, but rather as guidance. In a general way, you want to create both daytime and sleep associations for your child. You want him to associate feeding and play with something that happens during the day, and lullabies and baths as something that happens at night, before bed. By doing this you ease the transition between sleep and wakefulness, which is the ultimate goal in terms of putting your child to bed easily. If, however, your child doesn't want to feed every three hours, don't force him. Similarly, don't force a full feeding when you wake him at night. Rather, think of the bigger picture: by creating general habits and associations for your child, you will ensure a hasty and healthy sleep development.

Brandon C. Hall maintains Free Info Blog

<http://www.freeinfoblog.com>

which contains many articles

and resources on baby sleep

<http://www.freeinfoblog.com/category/baby-sleep-tips>

tips as well as

many other topics.



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