

## **AFTER BREASTFEEDING MY BABY, MY NIPPLES BECOME VERY SORE. WHAT'S THE CAUSE OF THIS AND WHAT CAN I DO TO HELP?**

Sorry to hear that you're suffering from this, but you're not alone. There's a few reasons as to why you might be experiencing sore nipples after feeding. It could be any of the following:

- Poor latching.
- Baby sucking its lower lip in.
- Comfort sucking.
- Undiagnosed tongue-tie.
- Overly sensitive nipples.

There are a few things you can try to help. It might be worth having your latch checked by your health visitor or a professional, but you can also try some of these practical tips:

- Change positions.
- Hand-express a little milk beforehand to help the let-down release quicker.
- Offer the less sore breast first, then baby won't be so ravenous on the sore one.
- Don't wipe milk off the nipples, leave it on as breast milk is the best cure for sore nipples.
- Allow your nipples to air dry rather than popping your bra straight back on.

If you are still experiencing problems, do seek help from a professional, you shouldn't suffer.

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