

The first few weeks, part two: the breastfeeding mom

ANCHOR LEDE

For new moms who choose to breastfeed, Heather Ludwig – a lactation consultant with OSF HealthCare – likens it to learning how to drive a car. If you can get behind the wheel, you can learn to breastfeed. It won't be easy. It can even be scary. But if you lean on experts for help, you can master it.

TAKE VO

For example, Ludwig says if your baby is wiggling their head or smacking their lips, it's a sign they want to be fed.

She adds that moms don't have to prepare their breasts for feeding. They have natural lubrication. But if feeding makes your breasts hurt, talk to an expert.

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Heather Ludwig

OSF HealthCare lactation consultant

"First, I'm going to see when the baby latches, are we getting a nice, big wide mouth? Then, how can we help with comfort? Lanolin, coconut oil, olive oil and nipple butter are perfectly safe for the baby. We have hydrogels you can put over the skin that will help your body's natural healing processes. The last thing is air flow. Don't always be wrapped up tight in your bra." (:33)

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Your breasts may also look and feel different, and your milk will be thicker in the beginning.

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