

## Sarah Haddox's Breastfeeding Thoughts and Resources

### Latching discomfort (the primary issue that I see)

1. Positioning is key
  1. Baby parallel to chest and at chest level (not dangling down, well supported)
  2. Nose to nipple
  3. Don't hold baby's head (it needs to tip back or extend), support on upper back is best
  4. Hold baby very close (no space between mom and baby)
  5. Nipple tilt can help (tilt nipple up away from baby's mouth before latch)
  6. WAIT for baby to open wide
  7. Bring baby toward nipple to latch (don't chase baby with nipple)
2. Favorite positioning device - My Brest Friend Pillow
  1. I have found these cheaply, open box on <https://goodbuygear.com/> and I usually buy enough to get free shipping, and I give all of my clients one when I go over my breastfeeding class.
3. Props that are helpful
  1. A knitted or crochet breast model
  2. A fairly life-sized baby doll for demonstration
  3. A bottle if you need to show paced bottle feeding.
4. Books that I like
  1. <https://breastfeedingmadesimple.com/> Breastfeeding Made Simple by Nancy Mohrbacher
  2. Breastfeeding Answers: A Guide for Helping Families (this is an excellent resource for anyone helping with lactation)
5. Links that I share commonly (you can find these under resources on my website)
  1. My website: <https://mountainmamapt.com/>
  2. Latching a baby on more comfortably by Barbara Robertson, IBCLC <https://youtu.be/0iZohdhAA1M?si=gYNd0OzUCPpR18zL>
  3. Jack Newman's visual guide to breastfeeding <https://youtu.be/56YzjsZr4hQ?si=tdkQjBoD9JTOyZFR>
  4. Paced bottle feeding by Barbara Robertson, IBCLC <https://www.youtube.com/watch?v=sjYfiODSTjw>
  5. Breastmilk storage guidelines <https://kellymom.com/bf/pumpingmoms/milkstorage/milkstorage/>
  6. Reverse pressure softening by Prenatal Yini <https://www.youtube.com/watch?v=QJYZrAG6cRA>
  7. Hand expression by Stanford University <https://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html?tab=proxy>
6. Favorite breast pump brand: Spectra
7. Favorite resource for sore nipples: Lansing smoothies cooling gel pads (can cut these into four, they are reusable for a while).
8. Favorite personal education site would be Barbara Robertson, IBCLC and Breastfeeding Center of Ann Arbor.
  1. Her website for families: <https://bfcaa.com/>
  2. Website for professionals and courses:
9. Favorite Podcasts
  1. Down to Birth
  2. The Midwife's Cauldron - for breastfeeding look for the episodes on nipple shields, newborn weight loss, breastfeeding and medication, breastfeeding aversion, etc.
  3. Birthing Instincts
  4. All Things Breastfeeding Podcast
  5. Breastfeeding Medicine Podcast