



## Nourish & Nurture: Your Breastfeeding Questions Answered Read On

**Breastfeeding** is a beautiful journey, but it often comes with many questions and concerns. Whether you're a new mom or looking for guidance, we've got you covered with expert answers to some of the most common breastfeeding questions.

### **How often should I breastfeed?**

Newborns typically feed every 2-3 hours, which means about 8-12 feedings in a 24-hour period. As your baby grows, feeding frequency may decrease, but it's important to follow their hunger cues rather than a strict schedule. Look for signs like rooting, sucking on fingers, or increased alertness.

### **Is my baby getting enough milk?**

Worried about supply? Signs your baby is getting enough milk include steady weight gain, six or more wet diapers a day, regular bowel movements, and a satisfied, content baby after feedings. If you're unsure, consult a healthcare provider or lactation consultant for reassurance.

### **What foods should I eat or avoid while breastfeeding?**

A balanced diet rich in protein, healthy fats, and leafy greens supports both you and your baby. Stay hydrated and include lactation-friendly foods like oats, almonds, and fenugreek. While most foods are safe, some babies may react to dairy, caffeine, or spicy foods, so watch for any discomfort or changes in their behavior.

### **How can I increase my milk supply?**

Frequent nursing and proper hydration are key. Skin-to-skin contact, pumping between feeds, and including lactation-friendly foods in your diet can help boost supply. If you're concerned, seek guidance from a lactation expert.

### **How do I manage breastfeeding and returning to work?**

Planning ahead makes the transition smoother. Start pumping and storing milk a few weeks before returning to work. Invest in a good breast pump and create a pumping schedule that aligns with your baby's feeding routine. Discuss accommodations with your employer to ensure a comfortable and supportive environment.

Breastfeeding is a personal journey, and every mom's experience is unique. Trust your instincts, seek support when needed, and remember—you're doing an amazing job! ❤️

