

# The Honest Guide To Breastfeeding

What to expect, what to ignore and what actually helps.



**Frequent feeds are okay**

Newborns feed every 2–3 hours or 8–12 times a day. Signs of good feeding: steady weight gain, contentment and wet diapers.

**Soreness is expected – not pain**

Tender nipples are common. Sharp or lasting pain may mean a shallow latch. Try adjusting position or seek lactation support.

**Skin-to-skin helps**

Holding your baby close after birth encourages feeding, boosts supply and builds bonding.

**Supply takes time**

Start latching early. Feed on demand, avoid formula unless needed and wait until after the first month before pumping to prevent engorgement.

## What to expect in the early days

**Bottle feeding can work, with practice**

Once breastfeeding is established, paced bottle feeding can mimic the breast. Offer the bottle when baby is calm.

## Common myths, gently debunked

**“It should come naturally.”**



- ✓ Breastfeeding is a learning process for both mother and baby. Finding your rhythm takes time, patience and support.

**“Bottles ruin breastfeeding.”**



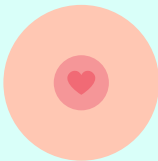
- ✓ Combination feeding can work if introduced after the first month, once breastfeeding is established. Use paced feeding to mimic the flow of nursing.

**“Constant feeding means low supply.”**



- ✓ Babies feed often for comfort, too. Frequent nursing builds supply.

**“If it hurts, you’re doing it wrong.”**



- ✓ Some tenderness is normal at first. Sharp or ongoing pain often means the latch needs adjusting.

**“Pumping early boosts supply.”**



- ✓ Over-pumping too soon may cause engorgement. Prioritise direct latching first.

**“It is mum’s responsibility.”**



- ✓ Support from partners and family is essential – physically and emotionally.

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