

### **Attachment C: Common Breastfeeding Challenges**

- Sore, cracked or bruised nipples.
- Concerns over nipple shape/size (flat/inverted, large/small).
- Concerns over breast shape/size (too large/small).
- Engorgement of breasts.
- Plugged ducts, mastitis, and thrush.
- Concerns mother is not making enough milk/low milk supply.
- Concerns baby is not getting enough/baby appears hungry after feedings.
- Problems with latch.
- Problems with positioning for breastfeeding for mother/baby.
- Cluster feeding and growth spurts.
- Complications from birth (C-section, mother/infant hospitalization, etc.).
- Medications and breastfeeding.
- Perception and acceptance of breastfeeding among partners, family and friends.
- Returning to work or school.