

7 Surprisingly Common Breastfeeding Questions

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Breastfeeding can bring such joy, but it can also come with its fair share of questions and uncertainty. Having lots of questions is entirely normal, and no mom should ever feel ashamed or embarrassed to ask them. It's helpful to develop a support system of breastfeeding moms, family and a lactation consultant to go to with questions. Their support, encouragement and knowledge can help make your breastfeeding experience a success. We collected some [breastfeeding questions](#) that are surprisingly common, despite what you may think. Never feel like you're the only mom who's had questions along the way – you're not alone.

Is it common to have uneven milk supply?

Yes. Many moms experience uneven breast milk supply and may even notice a slight difference in size between breasts. As long as you and your baby are comfortable, there's no reason to be concerned. If you experience discomfort, reach out to your doctor or Lactation Consultant for [tips to increase breast milk supply](#) in your less productive breast.

What do I do if my baby doesn't latch right away?

[Latch problems](#) are common, but there are many ways to help encourage your baby to breastfeed. A Lactation Consultant will be able to show you proper latching techniques and identify any breastfeeding problems your baby may be having. Also, do your best to ensure you and your baby are comfortable. Babies tend to breastfeed best when they are comfortable and relaxed. If you're still having trouble, some moms benefit from [the temporary use of a nipple shield](#), which should always be used under the guidance of a Lactation Consultant.

Can cabbage help relieve engorgement?

Many mothers have found that cabbage may help relieve the [discomfort of engorgement](#). If you'd like to try it: when your breasts are sore, apply clean and cool green [cabbage to your breasts](#). Leave the leaves on for 20 minutes, no more than 3 times per day. Do not exceed these guidelines, as extended use can decrease supply. Once your symptoms subside, discontinue use.

Is it normal to smell like maple syrup when using Fenugreek to increase supply?

Moms commonly use [fenugreek to increase supply](#), however it can cause you to smell like maple syrup. It's a harmless side effect, as long as you can tolerate smelling a little sweeter. If it's bothersome, there are many other [ways to help increase supply](#).

Is it normal to not have a menstrual cycle while breastfeeding?

Having a baby causes many hormonal changes in your body, so it's very common to not have a [menstrual cycle while breastfeeding](#). Eventually, you'll begin to return to a normal cycle. Every mom's body is different, so there's no specific time you'll begin to get your period again. However, many moms tend to start menstruating around the same time they start introducing solids to their babies and sleeping for more extended periods of time.

Can oatmeal or beer help increase supply?

There is no scientific evidence that supports the claims that [eating oatmeal](#) or [drinking a beer can help increase supply](#). Alcohol also dehydrates you, which can cause a decrease in milk supply. As for oatmeal, some moms claim it has helped, but advice such as [eating healthy](#), breastfeeding often, and staying hydrated has been proven to increase supply.

Is it normal to have a letdown when I hear a baby cry?

Yes, it's quite common. During the early weeks after birth, your body is still tuning your milk ejection reflex and you may find things like [hearing a baby cry](#), thinking about your baby, or holding something that smells like your baby can cause letdown. Experiences like this cause your body to release oxytocin, and consequently causes milk to flow toward your nipple. Over time, your body will become more in tune with your baby and you'll find unwanted letdowns happening less frequently. Until then, consider wearing [disposable](#) or [washable bra pads](#) to prevent leakage.