

## Mom's Moment: Fighting the Nursing Blues

Written by Nadine Bubeck

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Doctors recommend exclusive breastfeeding during baby's first year of life, but nursing can come with challenges. Yes, it's an incredible, beautiful bonding experience between you and your child- how I wish I could revisit rocking back and forth feeding my newborn; however, it can be downright tough.

In lieu of Breastfeeding Awareness Month, here are five ways to combat the breastfeeding blues.

1. Don't worry if your first experience (or first few experiences) are less than perfect. Getting used to the nursing thing takes time. Cut yourself some slack and know, within due time, it will become second nature.

Tip: Get comfortable. Invest in a nursing pillow, comfy rocker, foot rest, and something to occupy your time (like a good book!).

2. Be patient. According to lactation experts, babies feed for 10-20 minutes per breast.

Tip: Switch feeding on either breast at every nursing session. That will reduce your risk of developing lopsided boobs (I know from experience- I only fed from my right).

3. Soothe sore nipples. Yes, it can hurt. But the pain shouldn't last long. Soreness tends to diminish once you find a good breastfeeding groove.

Tip: Rub breast milk on your nipples and let it dry. It actually helps relieve pain!

4. Don't over-stress about what you eat. Yes, your diet affects your breast milk, but not as much as you might think. Doctors suggest sticking to a healthy, balanced diet and steering clear of spicy, gas-producing foods.

Tip: Drink H2O!! Water helps stimulate milk production!

5. Is baby drinking enough? Breastfeeding is natural instinct; babies are born knowing what to do. However, that doesn't stop mom from worrying- is my baby eating enough?

Tip: You can often hear your baby swallow milk, but to reassure yourself, check out Momsense. Momsense is an innovative tech-savvy device that monitors baby's milk consumption. It's completely safe, easy to use, and essential for putting your mind at ease.

*Nadine Bubeck is a TV personality, [author](#), [blogger](#), [fashion designer](#) and blessed boy mama. She is a proud brand ambassador of [Momsense](#).*