



Centre for  
**Women's**  
Health and Wellness

The Centre for Women's Health & Wellness at SRM Global Hospitals is your trusted partner in every step of your journey through pregnancy, childbirth, and motherhood. Our dedicated team of specialists, state-of-the-art facilities, and holistic approach ensure that you receive comprehensive care tailored to your unique needs. We are committed to empowering women with knowledge, care, and confidence as they embrace this transformative journey. Explore our services and join a community that prioritizes your health and well-being.



Reach us



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your well-being is our priority



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**EMERGENCY SERVICES**

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**LACTATION AND  
BREASTFEEDING**



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## WHAT IS IT?

Lactation is the process of producing breast milk to nourish a baby. Breastfeeding is the method by which the milk is fed to the child. Both processes are natural, but they can come with challenges. Understanding lactation and breastfeeding is essential for both mothers and their partners to ensure successful bonding and nourishment.

## WHAT HAPPENS?

Lactation typically begins after childbirth as hormonal changes trigger milk production. However, some mothers may face challenges such as sore nipples, low milk supply, or difficulties with latching. Proper breastfeeding techniques are crucial for ensuring both mother and baby's comfort and health.

### HOW TO DEAL WITH IT & EXPERT GUIDANCE

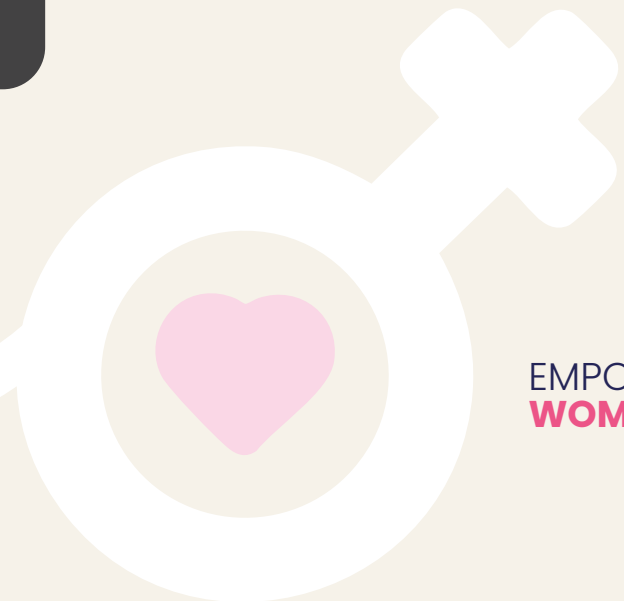
- **Ensure Proper Latching** : Make sure your baby is latching properly to avoid nipple pain and ensure adequate milk intake.
- **Seek Support** : Lactation consultants can help with breastfeeding challenges and provide personalized advice.
- **Stay Hydrated and Nourished** : A well-balanced diet and plenty of fluids are essential to maintain milk production.

- **Positioning** : Experiment with different breastfeeding positions to find the most comfortable one for both you and your baby.

- **Pumping** : If needed, pumping can help ensure your baby gets enough milk, especially if you're returning to work.

### Expert Tip

If you experience breastfeeding pain or discomfort, consult with a lactation consultant early to prevent long-term difficulties.



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