

When to Get Support

Contact The Gentle Latch if you notice:

- Persistent pain
- Poor latch that isn't improving
- Concerns about tongue or oral function
- Slow weight gain
- Fatigue, stress or worry around feeding

You are not alone—help is here.

Please reach out whenever you need reassurance or support

The Gentle Latch



INFANT FEEDING AND
TONGUE TIE SERVICE

Breastfeeding Troubleshoot Guide

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When Breastfeeding is Difficult

This guide helps you identify common breastfeeding challenges and simple steps you can try at home. If problems continue, personalised support is recommended.

Nipple Pain or Damage

Possible causes:

- Shallow latch
- Baby's position not aligned
- Tongue restriction
- Strong suck or fast let-down

What to try:

- Adjust baby's position—keep them close, chest-to-chest
- Wait for a wide mouth before latching
- Try laid-back or side-lying positions
- Break suction with a clean finger and re-latch
- Use breast compressions to keep baby actively sucking

Seek support if:

- Pain continues through the whole feed
- Cracks or bleeding do not improve



Baby Clicking or Losing Suction

Possible causes:

- Shallow latch
- Air entry from gap or head position
- Tongue-tie

What to try:

- Keep baby's chin deep into the breast
- Support shoulders, not the back of the head
- Try laid-back feeding
- Ensure baby's body is well supported

Seek support if clicking persists with every feed.

Slow Weight Gain/ Low Milk Transfer

What to try:

- Increase feeding frequency
- Offer both breasts each feed
- Use breast compressions
- Skin-to-skin contact
- Pump after some feeds if advised

Seek support if:

- Baby feeds more than 45 minutes each time
 - Baby is sleepy or hard to wake for feeds
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Blocked Ducts or Engorgement.

What to try:

- Feed frequently
- Use warmth before feeding and cool after
- Gentle breast massage towards the armpit
- Avoid forceful deep massage (can make swelling worse)
- Try different positions to drain milk evenly

Seek urgent help if:

- You develop fever, redness or flu-like symptoms (possible mastitis).

Fast Let-Down/Oversupply

Signs:

- Baby coughing, gulping or pulling off
- Choking at the start of feeds
- Frothy green stools

What to try:

- Feed in laid-back or reclined positions
- Allow milk to spray into a cloth before latching
- Offer one breast per feed if advised

Seek support if:

- Baby is very windy or unsettled

Baby Fussy at the Breast

Possible causes:

- Fast or slow flow
- Over-tired
- Discomfort or wind
- Growth spurts

What to try:

- Burp baby mid-feed and after feeds
- Try feeding in a calm, dimly lit environment
- Offer feeds earlier at first feeding cues
- Reassure, cuddle, try again later

Seek support if:

- Fussiness is persistent and feeding is difficult

Normal Baby Behaviours

- Cluster feeding in the evening
- Frequent feeds (8–12 per day)
- Wanting to be held often
- Waking at night

These are normal infant patterns.

