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Other Benefits, Too

In addition to relieving the pain you're experiencing, RPS can provide a supply of milk you can refrigerate for use in emergency bottle feedings (when you must be away from your baby, when you're ill, etc.). Additionally, RPS signals your breasts to start moving milk from their back to front where your baby's tongue can reach it.

like your earlobe or your lip? Or does it feel firmer and harder to compress, like your chin? If so, it's time to try reverse pressure softening just before each time you offer your baby your breast.

Why Does It Work?

Reverse pressure softening briefly moves some swelling backward and upward into your breast to soften your areola so it can change shape and extend your nipple. It sends a special signal to the back of your breasts to start moving milk forward (let-down reflex) where your baby's tongue can reach it. It also makes it easy to remove milk with your fingertips or with short periods of slow gentle pumping, combined with gentle forward massage of the upper breast, if you need to remove milk for your baby.

Where Should I Press?

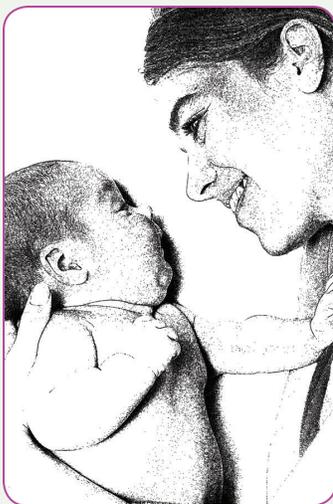
It is most important to soften the areola in the whole one-inch area all around where it joins your nipple. Soften even more of the areola if you wish. You may also want to soften a place where your baby's chin will be able to move easily against the breast. Reverse pressure softening should cause no discomfort.

How Do I Do Reverse Pressure Softening?

Developed by K. Jean Cotterman RNC-E, IBCLC

Try this if pain, swelling, or fullness creates problems during the early days of learning to breastfeed. The key is making the areola very soft right around the base of the nipple, for better latching.

* A softer areola projects the nipple deep in baby's mouth, helping his tongue remove milk better. Mothers say curved fingers work best.



Oh, my darling child, you are a blessing!



* Press inward toward the chest wall and count slowly to fifty.

