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BREASTFEEDING TERMS

I've discovered on my journey & how I define them



Areola to Feeding On Demand

A

Areola – darkened area around the nipple.

Areola Glands – also known as Montgomery glands, secrete oil keeping nipple and surrounding area lubricated, sanitary, scented and protected. When visible they make the areola look bumpy.

B

Breast - womyn's protruding organs.

Breast Crawl - a newborn's natural instinct to move towards the breast for feeding. The most adorable sight.

Breast Acne - when baby's sharp nails leave marks on breast resembling acne scars.

Breast Milk - baby's first food.

Breastfeeding Positions - positioning mother and baby's body to breastfeed comfortably. Some of our favorite positions are koala hold, cradle hold, and standing and side-lying.

Breast Pump - a suction machine used to extract breast milk. There are manual pumps, hands-free pumps, mechanical pumps to name a few.

C

C-hold - hand position in shape of a "C" to support baby while breastfeeding. See V-hold.

Child-Led Weaning - also known as self-weaning is when baby depends less on the breast for nourishment. See Forced-weaning.

Chocolate Milk - nickname for Black womyn's breast milk.

Colostrum - also known as baby's first vaccine Earth side. This golden substance full of powerful antibodies is mother's first milk.

D

Discrete Nursing - breastfeeding in a secretive manner. Some moms use their shirt, nursing scarves or blankets (to name a few) for covering.

Disposable Nursing Pads - absorbent pads worn inside a bra to absorb any excess milk. See Reusable Nursing Pads.

E

Engorgement - breasts swollen with milk. The expansion and pressure of the excess milk can be extremely painful.

Expressed Milk - manually or mechanically extracting milk from the breast.

Extended Breastfeeding - breastfeeding beyond one years old.

F

Feeding On Demand - feeding when baby wants, not on a specific schedule.

Flat Nipples to Nursing Bra

Flat Nipples - nipples flush to the areola and surrounding breast skin.

Forced-Weaning - when someone besides baby decides it time to stop/decrease breastfeeding. See child-led weaning.

Foremilk - the first watery liquid released after suckling. See Hindmilk.

H

Hindmilk - the fattier milk released after baby has been feeding for some time. See Foremilk.

I

Inverted Nipples - nipples hidden inside the areola.

L

Lactation - the body's process of making mother's milk.

Lactation Amenorrhea - absence of ovulation due to breastfeeding.

Lactation Consultant - a professional who advises breastfeeding mothers.

Latch - how baby attaches to breast.

Leak - when milk involuntarily drips or sprays from the breast without a baby suckling.

Let Down - a reflex to release milk, usually initiated by baby suckling.

Lip Tie - the lip is connected too tightly to the upper gum which can cause issues with breastfeeding.

Liquid Gold - nickname for breastmilk referring to its richness.

Long Nipples - stretched nipples sometimes caused from years of nursing.

Lopsided Breasts - occurs when one breast is noticeably larger than the other, often caused by the breastfed child preferring one breast over the other.

Low supply - when the breast produces an insufficient amount of milk to feed baby.

M

Mammary Glands - milk producing glands located in the breast.

Mastitis - bacterial infection that can occur during breastfeeding.

Milk ducts - the vessels milk uses to travel to the nipple.

N

Night Nursing - breastfeeding at night.

Nipple - the area of the breast where the milk comes out. See flat, inverted, and long nipples.

Nursing Bra - bras designed to make breastfeeding easier.

Nursing Cover to Wean

Nursing Cover - a lightweight material draped over baby and breast for discrete nursing. More fashionable choices include nursing shawls, scarves, aprons and wraps.

O

Oxytocin - hormone linked to milk secretion.

P

Pacifying - baby's form of self-soothing by suckling at the breast, not for milk.

Pre-Feeding Weight - measured before breastfeeding to help determine how much breastmilk baby is getting.

Post-Feeding Weight - measured after feeding to determine how much milk baby is getting.

Prolactin - hormone linked to milk production.

R

Reusable Nursing Pads - washable absorbent pads worn inside a bra to absorb extra milk. See Disposable Nursing Pads.

S

Suckling - an intricate way of extracting milk from the breast, not to be confused with sucking.

Sleeping Attached - not to be confused with co-sleeping, which is sleeping beside baby. Sleeping attached is when a breastfed child sleeps with breast in their mouth. This is common if they are sick.

T

Tandem Nursing - feeding more than one child at the same time.

Thrush - a yeast infection that can affect baby's mouth and mother's breast while breastfeeding.

Tongue Tie - the tongue is connected too tightly to the mouth floor, restricting tongue mobility and sometimes making it difficult to breastfeed.

Twiddle - when a child twists, moves, fiddles, or rubs the nipple.

V

V-hold - hand position in shape of a "V" to support baby while breastfeeding.

W

Wean - The process of introducing baby to something other than mother's milk. See self-weaning and forced weaning.