



Tips To Avoid Back Pain While Breastfeeding



Avoid staying in the same position for extended periods while breastfeeding.



Avoid bending over to feed your baby. Instead, bring your baby near your breasts.



Avoid carrying your baby on your hip, as it could increase the pain.



Do not perform any exercises that might elevate your back pain.



Try bending your knees when lifting your baby from the crib or floor instead of bending your back.



Avoid sudden movements or twisting your body while nursing.



Invest in a nursing cover or portable feeding pillows to feed while traveling.

Reference

1. Preventing Back Pain: Tips for New Parents; OrthoInfo