

Please ask your queries in the comment box tagging @Effath Yasmin.
Effath Yasmin is an International Board Certified Lactation Consultant. You can know more about her work here - <https://www.facebook.com/pages/Effath-Yasmin-Lactation-Consultant-IBCLC/158268130886130>



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Daisy Shalini, Charu Astha Dhand, Yamini Srinivasan and 217 others like this.

Libra Libra what is the best way of breastfeeding ?
10 hours ago · Like · 1

Dinesh Agrawal Effath Yasmin, Lactation Consultant (IBCLC) how long a baby need breastfeeding.?
10 hours ago · Like · 1

Neha Deepanshu Bhatnagar @effath yasmin..Till which age should breastfeeding be ideally continued? Is breastfeeding required with solids as well? And lastly, does the food eaten by the mother impacts the quality of milk? Thanks! - Neha Bhatnagar, mother of 5 month old daughter, breastfeeding exclusively. .
10 hours ago via mobile · Like · 2

Shikha R Austin Hw imp dis is? N wt is d ryt way of bf?
10 hours ago via mobile · Like

Munmun Sahana How will i understand dat my 1 month old newborn is getting enough milk.. Sometimes he keep feeding for an hour and still demands more feed.. He was born at 2.55 kg and have gained a kilo in one month..
10 hours ago via mobile · Like

Mantly Densingh Will food that we take enhance the secretion of milk? If yes, What are the food items? Am a mother of 5 months boy baby.
10 hours ago via mobile · Like

Kavita Gupta My baby is 15mnths old. She still takes my feed. How should i change her habit
10 hours ago · Like

Smita Dasgupta I am working mother. How to feed frozen breast milk?
10 hours ago · Like

Baman Banga God blessing you baby me...
10 hours ago via mobile · Like

Sneha Rishi Adwani My baby is 3.5 months old. I m breastfeeding him exclusively. My doc recently advised me to introduce dal water, cerelac & even top feed because his weight gain is vry good & according to her that at this weight breastfeed is not sufficient for him. Is this right time to start? Also how can i increase my milk production and lastly how will i know dat he is getting enough milk.
10 hours ago · Like

Tina Major Singh Dhillon My son is 2 yrs now..still he drink breast milk..he dont like other milk a sip..plz help me
10 hours ago · Like

Dee Wangmo Just want to if it's safe to dean baby's ears once a week? Or just put ear drops twice a week???
10 hours ago via mobile · Like

Maggie Richie I have 10 month boy who is breastfeeding... + i m 4 month pregnant what i should do.... Can i continue feeding or have to stop????
9 hours ago via mobile · Like

Vishakha Vyas Bhadania Hi I m mother of 4 month baby boy. I m breastfeeding him exclusively. He ask for more Brest milk . Hi was 2.7 kg at bone and now he is 6.27 kg. How can I decide that Brest milk is enaf or not? Do I need to start vining food ? Please reply
9 hours ago via mobile · Like

Geeta Katyal where are the replies to all the queries ...
9 hours ago · Like · 1

Deepa Saini Can I feed just one hour after cesarean baby
9 hours ago via mobile · Like

Deepa Saini Answer please
9 hours ago via mobile · Like

Vishakha Vyas Bhadania Do I need to dean my 4 months boys ear?
If yes how?
9 hours ago via mobile · Like

Puja Samanta @effath yasmin.. Hi, my boy is 1.5 month old and feeding breast milk.. my doctor advise him to give 15min feeding after 2hours. Bt sometimes he demand within 1 or 1.5 hour. Is he getting enough milk from me. Bt when i am feeding the flow of milk is good. if i give him breast milk with bottle feeding is it good for him bcoz am worried abt is weight. He born with 3.36 kg and in 1month his weight is 3.1kg and dere is no improvement. Please help me...
10 hours ago · Like

Babyoye.com Guys, Effath would be answering all your queries soon. unfortunately she is facing some technical difficulties to login. Please post your questions, she will definitely reply to you.
9 hours ago · Like

Shabana Shareef @effath yasmin...my baby is 1 yr old,she likes breast milk more tha n any other food,for more milk advice me about the nutritious foods
9 hours ago · Like

Effath Yasmin @Libra Libra would you like to share what you may be looking for when you say best way of breastfeeding? Would that be a position you are looking for? If that is so then know that whatever position best fits the mother and baby that is working is the best way.
9 hours ago · Like · 1

Geeta Katyal @Effath yasmin ..helo..my daughter is 2.5 yrs now ..she still cry for breastfeed...anyhw i manage nt to give in day time bt in the night she never slept without having it & she keep doing dis whole nite whenever she woke up....hw to make her stop ? Being a mother i hv tried mny times bt in vain...she is getting more fluffy wid my milk...pls reply & thanx
9 hours ago · Like

Bharathi Bharathiraja @Effath Yasmin : how can i improve my lactation quantity ?
Coz my baby girl cries even after feeding, asking for more. She is two months old... And i feed her with lactogen 1 too. (substitute for milk)
9 hours ago via mobile · Like

Jasbir Bhatia @effath yasmin how can I increase the quantity of my milk my baby is 6 months old nd I have to depend on formula milk
9 hours ago via mobile · Like

Effath Yasmin, Lactation Consultant (IBCLC) @Jasbir Bhatia ensure that you slow down the process of weaning and the quantity of solids and maintain approximately similar frequency of nursing sessions.
9 hours ago · Like

Sheenam Chugh @effath : my girl is 1.5 years now and still feeding only for nap times and also when she gets cranky. I'm planning to quit breastfeed now. Pls advice on how should I go about it.
9 hours ago via mobile · Like

Supreetha Vignesh Bhat @effath yasmin: my son is 6 1/2 months old and is having semi-solids along with milk.he consumes milk only when is asleep and refuses to drink when he is awake.....would like to know if i have to increase lactation, if yes, how can i?? any solution? thanks
9 hours ago via mobile · Like

Rekha Subramanian i missed it
8 hours ago · Like

Effath Yasmin, Lactation Consultant (IBCLC) Dinesh Agrawal a growing baby needs when fulfilled will always self wean. This is important to know that it often never to 4 years. WHO recommends ATLEAST 2 years of breastfeeding.
8 hours ago · Like

Effath Yasmin, Lactation Consultant (IBCLC) @Neha Deepanshu Bhatnagar solids begin around the middle of the first year and breastfeeding is recommended to continue until atleast 2 years or more along with solids for optimal growth and development.
8 hours ago · Like

Effath Yasmin, Lactation Consultant (IBCLC) @Shikha Austin breastfeeding and mother's milk is NORMAL food for baby. Any deviation from that can be expected to have ramifications.
8 hours ago · Like

Effath Yasmin, Lactation Consultant (IBCLC) @Munmun Sahana breastfeeding is a complete package of warmth, nutrition, security, love, closeness and a sense of belonging. Needs of a newborn and growing children is enormous and is perhaps most least talked about. So meeting all needs at various times of growth sometimes feels spending a lot of time. However to know if your baby has enough milk, his weight gain and hydration and elimination will show you what goes in will also come out.
8 hours ago · Like

Breastfeeding is an awesome feeling for a mother. However, many a times we face problems and are in dire need of an expert help.

We are here to give you that extra hand -
EFFATH YASMIN - A leading Lactation Consultant will be available to answer your queries tomorrow on our Facebook Page at 1 p.m (afternoon) till 2 p.m.

Bhawana Bhatt, Bhavika Sanjana, Pankaj Chaurasia and 250 others like this.

Ranganayaki Sen Gud even madam, i am feeding my 21/2of year age son .for me 15 of the day I get my periods.so doctor gave me duoluton-L tablets it is 21days tab)for 6 month .now period of 6 month is completed.but my son is crying for my breast feeding.1)can I stop breast feeding or not?2)will I get my periods inbetween 15 days? 3)or to take duoluton tablets for another 6 month?. Pls tell me madam.thank u.
Yesterday at 7:43pm via mobile · Like · 1

Tripti Mour Jjjjjj
Yesterday at 9:23pm · Like · 1

Carol Mckenzie What is the right age to stop breastfeeding to babies. My son is 2 years and 3 months and still demands breast feeding.
Yesterday at 10:26pm · Like

Preeti Singh hello mam ihave triplet babies . my babies r now 1year n 6months . my one baby r tottaly depend on my breast feeding .he doesnt eat any thing is this is right or wrong. wht should i do
23 hours ago · Like

Geeta Katyal hello mam..my daughter is 2.5 yrs old & still she never sleeps without breastfeed even she had dinner or whtevr...hw to make her stop now...pls help...i tried to make her sleep without bfeed bt she didn't slept ...is bf is harmful for kids at this age ?? Eagrly waiting for reply thanxx
16 hours ago · Like

Jasbir Bhatia My baby is six months nd my feed is decreasing is there ny way to increase feed
13 hours ago via mobile · Like

Rekha Subramanian Hi. My son is 2 years nw.Still he wants breastfeed.I would like to knw how to stop it.He takes during night only. Also i would like to knw how can i get my breast tightened as it has become very loose.
12 hours ago · Like

Deepa Saini Can momy feed one hour after cesarean baby
12 hours ago via mobile · Like

Babyoye.com Rekha Subramanian, Jasbir Bhatia Geeta Katyal, Preeti Singh, Carol Mckenzie, Ranganayaki Sen - Please ask all your queries & suggestions at 1 p.m to Effath Yasmin on this page. She will be available to answer your queries from 1 p.m to 2 p.m
12 hours ago · Like · 1

Jasbir Bhatia Ok
via mobile · Like · 1

Effath Yasmin, Lactation Consultant (IBCLC) @Ranganayaki Sen I may need more details in your case to answer your question. But generally it need not be necessary to wean baby off bcos of medications.
56 minutes ago · Like

Effath Yasmin, Lactation Consultant (IBCLC) @Carol Mckenzie check for my replies to earlier moms please.
54 minutes ago · Like

Effath Yasmin, Lactation Consultant (IBCLC) @Preeti Singh just continue breastfeeding.
53 minutes ago · Like

Effath Yasmin, Lactation Consultant (IBCLC) @Geeta Katyal this is not a habit and is natural.
53 minutes ago · Like

Effath Yasmin, Lactation Consultant (IBCLC) @Jasbir Bhatia do look for slowing down solids introductions.
52 minutes ago · Like

Effath Yasmin, Lactation Consultant (IBCLC) @Carol Mckenzie check for my replies to earlier moms please.
55 minutes ago · Like

Effath Yasmin, Lactation Consultant (IBCLC) @Preeti Singh just continue breastfeeding.
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Effath Yasmin, Lactation Consultant (IBCLC) @Geeta Katyal this is not a habit and is natural.
53 minutes ago · Like

Effath Yasmin, Lactation Consultant (IBCLC) @Jasbir Bhatia do look for slowing down solids introductions.
53 minutes ago · Like

Effath Yasmin, Lactation Consultant (IBCLC) @Rekha Subramanian when bbay is emotionally and physiologically ready to wean he will begin to sleep wthout nursing on his own. Breasts do not become slack due to breastfeeding. It is due to pregnancy hormones and age related.
51 minutes ago · Like

Effath Yasmin, Lactation Consultant (IBCLC) @Deepa Saini do check for my reply earlier on the chat forum.
50 minutes ago · Like

Deepa Shirsath Jamdade @Effath Yasmin- my boy is of 3 months now. He does not drink enough milk, he can many hours without drinking,even if he's hungry, he chews his hand or clothes,but does not cry for milk(doc advised me to feed him when he cries wd hunger), then too if I feed him he drinks for less than 2 mins n starts to play. May be that's why he doesn't sleep enough.please help, I am soo worried.
9 hours ago · Like

Pallawi Rathore Hi Effath Yasmin...plz lemme know if pumping n keeping breast milk is good for the baby n is it safe since I do that quite often...for my baby of 5 months n she feeds quite often every 2 hours n doesn't take outside formula milk...how do I make her like formula?!

Smita Ghaneekar Oke @ effath yasmin my baby is four months old n still breast feeding. i want to switch him on bottle but she just not touch to the bottle. how can i make her drink with bottle?
9 hours ago via mobile · Like

Mannat Amrit Matreja @effath yasmin. Hello mam..I am a mother of 7 months old twins..my babies were on breastfeed and formula for 6 months. Now I have started weaning foods and my feed is not coming (diminishing stage) . What should I do? Plz help me.
9 hours ago via mobile · Like

Sagarika Choudhury My daughter is 2.4 yrs now....she still cry for feedingshe never slept without having it...plz reply how to stop.
9 hours ago via mobile · Like

Sulagna Kanungo Sinha First six months breastfeeding exclusively is just perfect. Then introduce your baby to food, that too in a semi solid form.
I am also a mother of 18 months old baby.
As far as enough milk production is concerned, your baby is the best one to answer you. If he passes urine every two hrs, that's fine. Nothing to worry. Some babies feel insecure about their mothers, so they stick to breastfeeding. Even my daughter
8 hours ago · Like

Sulagna Kanungo Sinha She is 18months old. So don't worry, try distract her from feeding, introduce the baby to some different flavours in milk. It will take time for them to adapt, they are babies after all.
Being a working mother, I can very well understand all working mother's situation. But have patience everything will fall in its place. Happy parenting to all the mothers.
8 hours ago · Like · 1

Saroj Verma @ Effath yasmin: i have a 6 yr old daughter . I breastfed her for 3.5 yrs. now, my son is 1.3 yrs. but this time i could breastfed my baby sufficiently only for 6 months. Why is it so??
8 hours ago via mobile · Like

Keyali Karmakar my baby 9 month old. she takes one spoon solid for taste and then lock her lip when i offer her second time. she will only have my breast milk and i do have let down but she is happy for 2 min snack breast milk and start playing. she like table food like snatching our plate. i have to force feed her every meal time becoming battle time. she was 7kg 040 gram last month. and very very active child. but i cant see her screaming while force feeding. pls help.
8 hours ago · Edited · Like

Sohini RoyChowdhury Gupta I have a 2+ yr old daughter, i have nursed her exclusively for 6 months and continued till she was 2 yrs along with solids. However she refuses to drink any outside milk (cow milk or formula) as she was never used to it.
8 hours ago · Like

Sohini RoyChowdhury Gupta Please advise if this has any adverse effect on my baby's health and what else can I give my daughter as source of calcium (she doesn't like cheese or paneer either). 😊
8 hours ago · Like

Effath Yasmin, Lactation Consultant (IBCLC) Mantly Densingh that is such an important question. Thank you for asking that. The nutrition of mother is important in her growing years always and this does impact her pregnancy health and her baby's health in a profound way. Ensuring to eat food and eliminating non food is important to build a healthy long term health. Non food would include commercial processed food, food coloring, GMO grains, pesticide loaded products and vegetables ect. Foods tyhat improve your digestion improves the milk supply issues.
8 hours ago · Like · 2

Effath Yasmin, Lactation Consultant (IBCLC) Kavita Gupta baby continuing to breastfeed is not a habit it essential to her health and development. You may like to check other answers above to help you get a sense of what I may be directing you to.
8 hours ago · Like

Effath Yasmin, Lactation Consultant (IBCLC) @Smita Dasgupta thaw the milk in normal temperature if you have enough time for next feed or use a double boiler to thaw milk never directly heating milk.
8 hours ago · Like