

Breasts and Nipples: What's Normal?

Empty, soft, or "nothing left"?

Breasts never fully empty; softness or size doesn't always reflect milk supply.

Full, swollen, bursting?

Happens when milk comes in or after long breaks between feeds.

Softer at night, more frequent feeds?

Normal! Evening milk is higher in fat and melatonin to help pēpi sleep longer with lighter digestion.

Tingling, shooting, itchy?

Nerves & hormones are working — every māmā feels it differently.

Hot, hard, or lumpy?

May be inflammation — not always an infection. Keep an eye on it.

Get In Touch

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MANAAKI Ū

Gentle Care Tips for Your
Breastfeeding Journey

Meet Tracey

Our Ūkaipō
(Lactation
Consultant)

Certified IBCLC
with 20+ years'
experience

Awahi through
mātauranga &
personalised
support plans



Expert in
breastfeeding,
pumping & milk
production

Consults at
your whare,
online, at
wānanga, or
at our Māmā
& Pēpi Hub

Manaaki Ū

Tohutohu

If nipples are dry, keep
them moist — don't soak in
waiū or water

Wash with warm water and
a little soap in the shower

Use a soft pad to protect
from rubbing

Some wounds need special
care — with support, māmā
can often keep breastfeeding

Avoid tight things
that cause swelling
or colour change

Use a balm
with simple
ingredients

