

Refusing the Breast

Your baby may refuse to breastfeed for a short time because of:

- Teething
- Cold or ear infection
- Being separated from you
- Rushing or hurrying (baby or you not relaxed)
- Too many bottles
- Yeast infection (thrush)

Tips to help:

- Offer your breast when baby is sleepy
- Feed more often
- Try different nursing positions
- Nurse while rocking
- Find a quiet, dark place to nurse
- Pump your milk and offer in a cup
- Skin-to-skin contact
- Less or no bottles
- Call your doctor, WIC office or a breastfeeding counselor for more tips

How long do I plan to Breastfeed: _____

WIC Breastfeeding Peer Counselor:

Name: _____

Phone number: _____

Breastfeeding

Beyond the First Weeks

Give your baby all natural, human, and healthy breastmilk.

Are you worried about:

Teething

Friends / Family

Feeding solids

Fussy baby

*All moms worry about these things.
Don't do less breastfeeding without trying
these easy tips!*



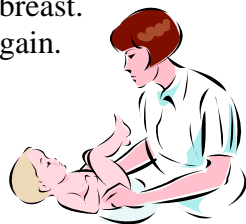
Formula does not give the same nutrition and protection!

Friends / Family

- ◆ Tell friends & family that formula is not as healthy as breastfeeding.
- ◆ Tell them that your baby will may get sick more, if you use formula.
- ◆ Share with them what you know and enjoy about breastfeeding.
- ◆ Talk to those friends and family that are also breastfeeding; they will support you.
- ◆ Others may not understand why you want to breastfeed; that's OK.

Teething/Biting

- ◆ Your baby may not want to breastfeed sometimes if teething and gums are sore. This is normal.
 - Soothe with cold teething ring or cold wash clothe before feeding.
- ◆ Baby can't bite when nursing. Baby may bite at the end of a feeding, when done nursing.
 - At end of feeding, when baby slows down, move to second breast or take off the breast.
- ◆ If baby bites, say "Ouch" and take baby off breast. Comfort gums. Wait a little and then start again.



Stool Patterns

- ◆ Some older babies may have only one stool in 4-5 days; this can be normal.
- ◆ Constipation is when stools are firm and hard to pass – not just infrequent stools.
- ◆ Breastmilk stools are soft and easy to pass.

Feedings

- ◆ Baby may have a growth spurt and want to nurse often for a couple days. If this happens, just nurse more frequently.
- ◆ Growth spurts may happen at 2-3 weeks, 6 weeks and 3 months.
- ◆ Your body makes what your baby needs. As your baby grows, your body can easily keep up as long as you understand how this happens. We call it "supply and command". Baby will need more (*command* more) and you will *supply* it.
- ◆ So as your baby has growth spurts, expect appetite spurts (your baby wanting to feed more frequently). This is your baby sending a message to your body to make more milk! Expect to feed more frequently for a couple of days while your body is making more milk.
- ◆ This often happens at 2-3 wks, 6 wks, and 3 months of age.
- ◆ You will ask yourself "Do I really have enough milk?" When you do, you can remember you learned about "Supply and Command" and feel good that you do have enough!
- ◆ After the first few weeks, your breasts will feel softer and not as full. This is also normal. Your body is making just what your baby needs, not more.
- ◆ Some moms, not all, feel a tingling, tightening, or pins-and-needles feeling in your breasts when your milk "lets-down" and starts to flow. If you feel this, this is normal.

Solid Foods

- ◆ Breast milk is complete nutrition and is ALL your baby needs for the first 4 to 6 months of life.
- ◆ Cereal or formula:
 - takes away from your good breastmilk
 - does not help a baby sleep through the night
 - is harder to digest and can decrease your milk
- ◆ Early foods can cause allergic reactions.
- ◆ Add solids if baby: is 4-6 months, can sit up, holds head well, watches what you eat, takes from the spoon, and does not push foods back out.
- ◆ Breastfeed before solids so not to replace breastfeedings.