

BREASTFEEDING INFORMATION AND SUPPORT

Clearwater, Idaho, Latah, Lewis and Nez Perce counties

HOSPITALS

ASK FOR LACTATION SPECIALIST

Pullman Regional Hospital	509-336-7401
St. Joseph Regional Medical Center - Lewiston	208-799-5430
St. Mary's Hospital - Cottonwood	208-962-3251
Gritman Medical Center - Moscow	208-833-BABY (2229)
Syringa General Hospital - Grangeville	208-983-1700
Clearwater Valley Hospital - Orofino	208-476-4555

HEALTH DEPARTMENT

Public Health – Idaho North Central District WIC Program

Grangeville	208-983-2842
Kamiah	208-935-2124
Lewiston	208-799-0390
Moscow	208-882-7353
Orofino	208-476-7850

LA LECHE LEAGUE

Volunteer Accredited La Leche League Leaders 800-LALECHE
<http://www.llusa.org>

COMMUNITY RESOURCE FOR BREASTFEEDING SUPPORT

Nimiipuu Health WIC Program 208-843-2271

INTERNATIONAL LACTATION CONSULTANT ASSOCIATION

The World of Lactation <http://www.ilca.org>

BREASTFEEDING HELPLINE

Monday – Friday, 6am - 3pm PT 800-994-9662

For more information about the WIC Program, call us at:

Idaho North Central Health District WIC 208-799-0390
Nimiipuu Health (for Nez Perce tribe) 208-843-2271

The WIC Program is an equal opportunity provider.



2/2018

BREASTFEEDING INFORMATION AND SUPPORT

Clearwater, Idaho, Latah, Lewis and Nez Perce counties

HOSPITALS

ASK FOR LACTATION SPECIALIST

Pullman Regional Hospital	509-336-7401
St. Joseph Regional Medical Center - Lewiston	208-799-5430
St. Mary's Hospital - Cottonwood	208-962-3251
Gritman Medical Center - Moscow	208-833-BABY (2229)
Syringa General Hospital - Grangeville	208-983-1700
Clearwater Valley Hospital - Orofino	208-476-4555

HEALTH DEPARTMENT

Public Health – Idaho North Central District WIC Program

Grangeville	208-983-2842
Kamiah	208-935-2124
Lewiston	208-799-0390
Moscow	208-882-7353
Orofino	208-476-7850

LA LECHE LEAGUE

Volunteer Accredited La Leche League Leaders 800-LALECHE
<http://www.llusa.org>

COMMUNITY RESOURCE FOR BREASTFEEDING SUPPORT

Nimiipuu Health WIC Program 208-843-2271

INTERNATIONAL LACTATION CONSULTANT ASSOCIATION

The World of Lactation <http://www.ilca.org>

BREASTFEEDING HELPLINE

Monday – Friday, 6am - 3pm MT 800-994-9662

For more information about the WIC Program, call us at:

Idaho North Central Health District WIC 208-799-0390
Nimiipuu Health (for Nez Perce tribe) 208-843-2271

The WIC Program is an equal opportunity provider.



2/2018

HOW TO TELL IF YOUR BABY IS GETTING ENOUGH MILK

Every mother-baby pair is different! That makes it hard to say exactly how your baby should be eating. In the first few days, your baby is getting rich, yellow colostrum (first milk).

Signs that your baby is getting enough milk are:

- An alert, bright-eyed infant
- A baby who wants to eat every 1½-3 hours and is satisfied between feedings
- At least one wet diaper per day of age until milk is in (ex. 1 day old = 1 diaper; 2 days old = 2 diapers; etc.)
- The normal change in stools over the first 2-5 days of life: Meconium (dark green, tarry) to transitional stools (lighter green) to true breastmilk stools (yellow, seedy, curdy or loose). The number of stools will increase each day.

After 3-5 days, when your milk “comes in,” you will also notice:

- Your breasts feel full before a feeding and softer afterwards
- A letdown sensation or milk dripping from the other breast
- You can hear your baby swallow
- You can see milk in your baby’s mouth
- The processed product (stool!) coming out the other end!

After the first week, your baby should:

- Nurse at least 8-12 times in 24 hours (every 1½-3 hours)
- Nurse about 10-20 minutes at each feeding
- Be happy during and after a feeding
- Gain about 4-7 oz per week (after a small weight loss the first week)
- Return to birth weight by 2-3 weeks of age
- Have 6 or more pale colored, wet diapers in 24 hours
- Have 4-12 stools in 24 hours
- Be alert and bright-eyed

Call your baby’s doctor if:

- Your infant sucks only briefly, very softly or irregularly
- Your baby is very jaundiced (yellow) and getting more yellow
- You have severe, constant nipple pain
- Your baby fights the breast or cries after a minute or two
- Your baby has less than 6 wet diapers a day
- Your baby has little or no stool, or has dark green mucus stools
- Your baby seems weak, tired, or not interested in feeding

HOW TO TELL IF YOUR BABY IS GETTING ENOUGH MILK

Every mother-baby pair is different! That makes it hard to say exactly how your baby should be eating. In the first few days, your baby is getting rich, yellow colostrum (first milk).

Signs that your baby is getting enough milk are:

- An alert, bright-eyed infant
- A baby who wants to eat every 1½-3 hours and is satisfied between feedings
- At least one wet diaper per day of age until milk is in (ex. 1 day old = 1 diaper; 2 days old = 2 diapers; etc.)
- The normal change in stools over the first 2-5 days of life: Meconium (dark green, tarry) to transitional stools (lighter green) to true breastmilk stools (yellow, seedy, curdy or loose). The number of stools will increase each day.

After 3-5 days, when your milk “comes in,” you will also notice:

- Your breasts feel full before a feeding and softer afterwards
- A letdown sensation or milk dripping from the other breast
- You can hear your baby swallow
- You can see milk in your baby’s mouth
- The processed product (stool!) coming out the other end!

After the first week, your baby should:

- Nurse at least 8-12 times in 24 hours (every 1½-3 hours)
- Nurse about 10-20 minutes at each feeding
- Be happy during and after a feeding
- Gain about 4-7 oz per week (after a small weight loss the first week)
- Return to birth weight by 2-3 weeks of age
- Have 6 or more pale colored, wet diapers in 24 hours
- Have 4-12 stools in 24 hours
- Be alert and bright-eyed

Call your baby’s doctor if:

- Your infant sucks only briefly, very softly or irregularly
- Your baby is very jaundiced (yellow) and getting more yellow
- You have severe, constant nipple pain
- Your baby fights the breast or cries after a minute or two
- Your baby has less than 6 wet diapers a day
- Your baby has little or no stool, or has dark green mucus stools
- Your baby seems weak, tired, or not interested in feeding