

BREASTFEEDING INFORMATION AND SUPPORT

Ada, Boise, Elmore and Valley counties

HOSPITALS

ASK FOR THE LACTATION SPECIALIST

Mountain Home AFB Hospital	208-828-7503
Mountain Home AFB Lactation Office	208-828-7269
St. Alphonsus Regional Medical Center - Boise	208-367-7380
St. Luke's Boise Medical Center	208-381-2592
St. Luke's Meridian Medical Center	208-706-3119
St. Luke's McCall Medical Center	208-630-2270
St. Luke's Elmore Medical Center	208-587-8401

HEALTH DEPARTMENTS

Central District Health Department - WIC Program	
Boise/Garden City/Kuna/Marian Pritchett/Meridian/Terry Reilly	208-327-7488
Garden Valley	208-327-7488
Horseshoe Bend	208-327-7488
Idaho City	208-327-7488
McCall/Cascade	208-634-7194
Mountain Home/Glenns Ferry	208-587-4409

LA LECHE LEAGUE

Volunteer Accredited La Leche League Leaders <http://www.llusa.org> 1-800-LALECHE

BREASTFEEDING MANAGEMENT Videos: hand expression, milk production, etc.
<http://med.stanford.edu/newborns/professional-education/breastfeeding.html>

IDAHO BREASTFEEDING COALITION <http://idahobreastfeeding.com>

INTERNATIONAL LACTATION CONSULTANT ASSOCIATION

Private Lactation Consultants by zip code <http://www.ilca.org>

BREASTFEEDING HELPLINE

Monday–Friday, 7am-4pm MT 1-800-994-9662

For more information about the WIC Program, call us at:
Central District Health Department WIC 208-327-7488

The WIC Program is an equal opportunity provider.



2/2018

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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

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