

## BREASTFEEDING INFORMATION AND SUPPORT

*Canyon, Gem, Owyhee, Payette, and Washington counties*

### HOSPITALS

#### **ASK FOR LACTATION EDUCATOR**

Holy Rosary Medical Center – Family Maternity Center (541) 881-7310  
Mercy Medical Center – Family Maternity Center (208) 463-5250 or 5259  
Terry Reilly Health Services (208) 466-7869  
Walter Knox Hospital (208) 365-3561  
West Valley Medical Center – Family Maternity Center (208) 455-3760  
Weiser Memorial Hospital (208) 549-4433

### HEALTH DEPARTMENTS

#### **Southwest District Health WIC Program**

Caldwell (208) 455-5330  
Emmett (208) 365-6371  
Homedale (208) 337-4931  
Payette (208) 642-9321  
Weiser (208) 549-2370

**Malheur County WIC Program** (541) 889-7041

### LA LECHE LEAGUE

Volunteer Accredited LaLeche League Leaders 1(800) LALECHE  
<http://www.llusa.org>

### LACTATION CONSULTANTS

Ginny Gilbert (208) 461-4763 or 880-4643  
Deb Wetherelt, Holy Rosary (541) 881-7366  
Sandy Ackley (541) 889-7041  
Melissa Hathhorn (208) 549-4433  
Cindy Baxter, West Valley (208) 455-4093  
Janell Bowman, West Valley (208) 455-3760

### BREASTFEEDING HELPLINE

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

**For more information about the WIC Program,  
contact the Idaho Careline at 211 or 1-800-926-2588.**

The WIC Program is an equal opportunity provider and employer.



Project of the Ida-Ore Breastfeeding Coalition; Idaho Department of Health & Welfare Maternal and Child Health, and the Idaho WIC Program. For information about this publication, contact MarLee Harris, Idaho WIC Program, at (208) 334-5948 or [harrism@dhw.idaho.gov](mailto:harrism@dhw.idaho.gov). 8/13

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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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