

BREASTFEEDING INFORMATION AND SUPPORT

Ada, Boise, Elmore and Valley counties

HOSPITALS

ASK FOR THE LACTATION EDUCATOR

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	(208) 327-7488
Garden Valley	(208) 327-7488
Horseshoe Bend	(208) 327-7488
Idaho City	(208) 327-7488
McCall	(208) 634-7194
Mountain Home/Glenns Ferry	(208) 587-4409

LA LECHE LEAGUE

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

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,
contact the Idaho CareLine at 211 or 1-800-926-2588.**

The WIC Program is an equal opportunity provider and employer.



Project of the Central District Breastfeeding Promotion Council, Idaho Department of Health & Welfare Maternal and Child Health, and the Idaho WIC Program. For information about this publication, contact the Idaho WIC Program, 208-334-5948 or toll free at 866-347-5484. 7/15

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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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