

## BREASTFEEDING INFORMATION AND SUPPORT

Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka and Twin Falls counties

### HOSPITALS

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

St. Luke's Magic Valley Medical Center (208) 814-3820  
Cassia Regional Medical Center (208) 678-4444  
St. Benedicts Family Medical Center (208) 324-4301 ext 3361  
St. Luke's Wood River Medical Center (208) 727-8531

### SOUTH CENTRAL PUBLIC HEALTH DISTRICT

Bellevue (208) 788-4335  
Burley (208) 678-8608  
Gooding (208) 934-4477  
Jerome (208) 324-1323  
Shoshone (208) 324-1323  
Twin Falls (208) 737-5923

### LA LECHE LEAGUE

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

### 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 IdahoCareline at 211 or 1-800-926-2588.**

The WIC Program is an equal opportunity provider and employer.



Project of the Magic Valley Breastfeeding Coalition, Idaho Department of Health & Welfare Maternal and Child Health, and the Idaho WIC Program. For information about this publication, contact MarLee Harris at the Idaho WIC Program, (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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