

BREASTFEEDING INFORMATION AND SUPPORT

Benewah, Bonner, Boundary, Kootenai and Shoshone counties

HOSPITALS

ASK FOR LACTATION SPECIALIST

Bonner General Hospital	208-265-1246
Kootenai Health	208-625-5091
Marimn Health	208-686-1767

COMMUNITY RESOURCES

Panhandle Health District- WIC Program

Peer Counselor – Breastfeeding Line (<i>business hours</i>)	208-415-5130
After Hours Call or Text Anytime	208-699-8784

ONLINE BREASTFEEDING RESOURCES

La Leche League	www.llli.org
Dr. Jack Newman video clips (good/poor latch, etc.)	www.breastfeedinginc.ca
Support on breastfeeding and parenting	www.kellymom.com
Dr. Jane Morton video clips (hand expression, pumping, and increasing milk supply)	www.newborns.stanford.edu
Great website for dads	www.beerandbubs.com.au

BREASTFEEDING HELPLINE

Monday - Friday 6am - 3pm PT	1-800-994-9662
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For more information about the WIC Program, call us at:

Panhandle Health District WIC	208-415-5130
Marimn Health (for Coeur d'Alene tribe)	208-686-1767

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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