

BREASTFEEDING INFORMATION AND SUPPORT

Canyon, Gem, Owyhee, Payette, and Washington counties

HOSPITALS

ASK FOR LACTATION SPECIALIST

St. Alphonsus Ontario – Maternity Services	541-881-7310
St. Alphonsus Nampa – Birkeland Maternity Center	208-288-4828
St. Luke’s Nampa Family Birth Center & Newborn Intensive Care Unit	208-205-7329
Terry Reilly Health Services	208-466-7869
Valor Health Emmett – Maternity Services	208-365-3561
West Valley Medical Center – Family Maternity Center	208-455-3760
West Valley Medical Center – Lactation Consultants	208-455-4093
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 800-LALECHE
<http://www.llusa.org>

BREASTFEEDING HELPLINE

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

For more information about the WIC Program, call us at:

Southwest District Health WIC 208-455-5330

The WIC Program is an equal opportunity provider.



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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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