

Engorgement

Engorgement is full, hard, or sore breasts. It can lead to plugged ducts, which are painful lumps in the breast. *Try these things if you have engorgement or plugged ducts:*

- Nurse baby often to relieve the fullness—at least every 2-3 hours.
- Put warm moist cloths on your breasts or take a warm shower. Relax and gently massage or pump your breast to get some milk out. This will soften the nipple, making it easier for baby to latch on.
- Gently massage the hard spot before and during nursing.
- Make sure your bra is not too tight.
- Try different breastfeeding positions.
- After you breastfeed, put cold cloths on your breasts to decrease the swelling and pain.
- If you are engorged between feedings, express milk with your hands or a breastpump to relieve the fullness.
- Talk to your WIC Counselor about breast pump needs.

Breast Infection

You might have a breast infection if you have a fever, chills, nausea, and your breast is red and tender.

It is not harmful to breastfeed a baby if you have a breast infection or mastitis. In fact, nursing frequently will help you get better faster!

- Call your health care provider.
- **Keep breastfeeding!** Tell your doctor you are nursing so she can pick an antibiotic that is safe to use during breastfeeding.
- Offer the infected breast first.
- Make sure baby is correctly positioned at the breast.
- Follow instructions for engorgement.
- Bed rest for 24 hours.

If you have questions or concerns, please call for breastfeeding support:

Milton-Freewater (541) 938-5595
Pendleton (541) 966-3354
Umatilla (541) 564-6878
Oregon Safenet 1-800-723-3638



WIC is an Equal Opportunity Program

Congratulations on Breastfeeding Your Baby!



Breastfeeding is a special gift only you can give your baby. This is a wonderful opportunity to give your baby a great start.

WIC gives extra foods to breastfeeding moms whose babies are not using formula.

If you are one of these special breastfeeding moms, you will get carrots, tuna, dried beans, extra cheese, and extra juice with your regular WIC foods.

Keeping Up Your Milk Supply

Feed Your Baby Often.

- The more you breastfeed your baby, the more milk you will make.
- Bring baby to the breast when you see early signs of hunger such as moving the mouth or sucking on a hand. Don't wait until baby is crying.
- Keep up your milk supply by feeding at least every 2-3 hours in the beginning. It is possible that a newborn infant may nurse more often.
- Feed baby often to keep your breasts from becoming too full.
- Feed baby often to help your baby grow.
- Try to offer both breasts to your baby at each feeding.
- Let your baby nurse as long as it wants. Baby may nurse for 15 to 20 minutes on each breast.

Growth Spurts:

During growth spurts when your baby is growing fast, baby will nurse more often than usual for a few days. This is normal. Your milk supply will increase to meet your baby's needs. Growth spurts can happen at any time. They occur most often at 2-3 weeks, 6-8 weeks, and 6 months.



Avoid Supplements.

Your baby does not need extra bottles of water or formula. Breast milk is 90% water and has all the nutrients your baby needs to grow. Giving supplements will decrease the amount of milk you make because your baby will nurse less often.

Your Baby is Getting Enough Breast milk if:

- Baby has 6-8 wet diapers in 24 hours. (4-5 disposable diapers)
- Baby has one or more loose yellow stools in 24 hours.
- Baby is gaining weight.

Breast milk meets all of baby's nutrition needs until it is time to start solid foods. Solid foods may be started when your baby is around 6 months old.

Breastfeeding Tips for Mom

- Drink when you are thirsty.
- Take naps while baby sleeps.
- Eat a balanced diet.

- Let others help you with household chores.
- Check with your medical provider about a vitamin/mineral supplement.

Common Concerns

Sore Nipples

Some mothers may get sore nipples during the first 2 weeks. If you have sore nipples, call your WIC counselor to make sure that you are breastfeeding correctly. *Try these things if you have sore nipples:*

- Check your positioning and be sure baby is latching onto the breast correctly.
- Nurse often to keep your breasts from getting too full.
- Let your nipples air dry after each nursing.
- Express a few drops of breast milk and let it dry on nipples. This will help them heal quickly.
- Begin each feeding session with the nipple that is least sore.
- Massage your breasts before nursing to encourage letdown.
- Avoid creams or soap on your nipples.