



# Breast is Best!!!

Summer 2016

Breastfeeding Newsletter

Oconto County WIC

## Breastfeeding info, news, tips, etc.

### We support and promote Breastfeeding!

Breastfeeding can come with many challenges. Here are some common ones and how to deal with them.

#### Challenge 1: Inverted, flat, or very large nipples

- Discuss your concern with your doctor or a lactation consultant
- Use your finger to try to pull your nipples out. You can also use a special device to pull out inverted or flattened nipples.
- The latch for babies of mothers with large nipples will improve with time as the baby grows. In some cases, it may take several weeks for the baby to latch well. But if you have a good milk supply, your baby will get enough milk even with a poor latch.

#### Challenge 2: Plugged milk ducts

- Breastfeed on the affected side as often as every two hours.
- Aim your baby's chin at the plug, this will focus your baby's suck on the duct that is affected.
- Massage the area, starting behind the sore spot. Move your fingers in a circular motion and massage toward the nipple
- Take a hot shower and massage, it will help with the soreness and help unplug the duct.
- Wear a well-fitting, supportive bra that is not too tight. Consider trying a bra without an underwire.

#### Challenge 3: Low milk supply

When your baby is around 6 weeks to 2 months old, your breasts may no longer feel full. This is normal. Your baby may also only nurse for 5 min, that's ok too! It just means that your both getting used to breastfeeding and your good at it! Growth spurts can cause your baby to want to nurse longer and more often. These growth spurts can happen around 2 to 3 weeks, 6 weeks, and 3 months of age. Don't worry that your supply may be too low for your baby. Follow your baby's lead. Nursing more and more often will help build up your supply.

- Make sure baby is latched and positioned well
- Breastfeed often and let your baby decide when to end the feedings
- Offer both breasts
- Avoid giving your baby formula or cereal in addition to your breastmilk, especially in the first 6 months of life. Your baby could lose interest in breastmilk and that will cause your supply to drop.

#### Breastfeeding Fun Facts!!!

- Producing breast milk consumes 25% of the body's energy; the brain only uses 20% by comparison
- On average, babies remove 67% of the milk mom has available; they eat until fullness, not until the breast is emptied
- Almost 75% of all moms produce more milk in their right breast, whether they are right or left handed.
- Breastfed infants are at a lower risk for sudden infant death syndrome
- Breastfeeding mamas sleep on average 45 minutes more a night, compared to those who formula feed
- Human milk boosts a baby's immune system; helping baby fight viral, bacterial, and parasitic infections



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## Support Groups for Breastfeeding

- Breastfeeding Moms of Green Bay
  - Breastfeeding Mom Support
- The Big Latch on Green Bay Wisconsin
- Project Support: Breastfeeding Advocacy in Green Bay WI

## Breastfeeding App for Phones

Collective

**Breastfeeding Bridge Mom/Baby Group** (1 hour class) Bellin – Green Bay  
Cost: FREE

Join other moms and their babies “bridge the gap” on the breastfeeding journey. Join us to get a free baby weight check, to have your questions answered by a Lactation Consultant and share experiences and support with other breastfeeding moms. No registration is required and there is no fee to attend. The group meets at 2020 S. Webster, Green Bay on the first Thursday from 6-7pm and on the third Tuesday from 11:00am -noon. All moms and babies are welcome to attend.

St. Vincent in Green Bay also has Breastfeeding classes FREE of charge. See their website for specific class options and to register

This institution is an equal opportunity provider.