

Information for breastfeeding families

If your baby refuses your breast



If your newborn has had some bottles or uses a pacifier a lot, your baby may be confused or even refuse to go to the breast.

Skin to skin holding

Try this several times each day for an hour or two. Not only is skin-to-skin contact great for promoting breastfeeding, it helps enhance your baby's nervous system and is fun to do.

Laid-back breastfeeding

If your baby needs more assistance, try laying back for the feeding. Babies seem to feed better when their tummy is in full contact with the mom.

All you have to do is lean back, find a comfortable position, and lay the baby near the breast. When ready baby will find the breast with little help from you. Watch the video of this "Laid Back Breastfeeding" at

<http://www.biologicalnurturing.com/video/bn3clip.html>



Give him a taste

Express a few drops of milk on your nipple, or drip some milk over your nipple for your baby to taste. Stroke your baby's lips with your nipple (from nose towards chin) until the mouth opens wide. Be patient and let your baby take the lead.

Sandwich hold

If your nipple is difficult to grasp, roll it gently between your fingers to make it stand out. Make your breast into a "nipple sandwich" by gently compressing behind the edge of the areola. Keep your thumb in line with your baby's nose and your fingers on the opposite side.



Temporary feeding measures

Sometimes lactation consultants recommend additional feedings given in a way that will not compromise breastfeeding in addition to trying at the breast. Some lactation consultants recommend that you feed the baby a little at first to take the frantic edge of hunger off but end the feeding at the breast so the sense of contentment of fullness happens there. You want the breast to be a pleasant place for your baby to be, not a battle ground.

Get advice on alternative feeding methods. Don't confuse your baby with bottle nipples or pacifiers at this time. After breastfeeding is going well, they can be used. While you are working on transitioning the baby to the breast, be sure to use a hospital grade breast pump at least 8 times per day to maintain your milk supply. Returning the baby to the breast is always easier if there is an abundant flow of milk available.

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