PLANNING AHEAD

♦ Nurse in a quiet room away from noise and TV.
♦ Close shades or curtains to make the room dim.
♦ Keep a few toys or videos for older siblings to keep them busy while you nurse.
♦ Give the baby your full attention while nursing—don’t talk on the phone or do other things that might distract the baby.
♦ Keep an abundant milk supply so that milk flows easily and quickly.
♦ Remove baby from the breast when showing signs of fullness. A baby who is biting is not hungry.

WHAT TO DO IF BABY BITES

♦ Say “no!” and frown. Don’t laugh or smile.
♦ Put the baby down and end the nursing for that feeding.
♦ Watch the baby toward the end of a feeding when babies tend to bite.
♦ Notice if there are other patterns to the biting—time of day, position used, level of interest. Try to avoid nursing during those times. Offer milk by cup.
♦ If starting to bite, pull the baby in close, or use your finger to break the suction.
♦ When nursing goes well, praise and gently stroke the baby.

MORE TO KNOW......

• Biting may be the baby’s way of soothing teething pain.
• Babies around the world often breastfeed up to age 3 or 4 years old.
• Most biting problems resolve in time.

For more information call:

Adapted from the Arkansas Department of Health WIC Program.