BREASTFEEDING INFORMATION AND SUPPORT
Bannock, Bear Lake, Bingham, Butte, Caribou, Franklin, Oneida, and Power counties

HOSPITALS
ASK FOR LACTATION SPECIALIST
Bear Lake Memorial Hospital 208-847-4439
Bingham Memorial Hospital 208-782-3901
Caribou Memorial Hospital 208-339-2550
Franklin County Medical Center 208-852-4100
Portneuf Medical Center 208-239-1000

HEALTH DEPARTMENTS
Southeastern Idaho Public Health – WIC Program
American Falls 208-226-5096
Arco 208-527-3463
Blackfoot 208-785-2160
Malad 208-766-4764
Montpelier 208-847-3000
Pocatello 208-239-5260
Preston 208-852-0478
Soda Springs 208-547-4375

LA LECHE LEAGUE
Volunteer Accredited La Leche League Leaders 1-800-LALECHE
http://www.lllusa.org

INTERNATIONAL LACTATION CONSULTANT ASSOCIATION
Private Lactation Consultants by zip code http://www.ilca.org

BREASTFEEDING HELPLINE
Monday - Friday 7am - 4pm MT 1-800-994-9662

For more information about the WIC Program, call us at:
Southeastern Idaho Public Health WIC 208-239-5263
The WIC Program is an equal opportunity provider.
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, curly 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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Courtesy of the San Diego County Breastfeeding Coalition, 04/03