

HOW TO BREASTFEED

A FUSSY BABY

ENSURE A GOOD POSITION AND LATCH

1. Tummy to mommy
2. He should not have to turn his head to nurse.
3. Once he has opened wide- pull him in real close (chin and nose should touch your breast)
4. You can pump a few minutes before the feed - This will elicit let-down so that baby gets a quick reward. It will also elongate the nipple for him
5. Also before feeding, offer him your index or pinky finger nail-side down to suck on for several minutes. This suck-training teaches him to drop his tongue down
6. Attempt to feed before he gets too hungry - when he is sucking on his fingers or rooting, but before he cries.
7. Try nursing when he is a little drowsy.
8. Nurse while in motion - as you walk, sway, rock, bounce.
9. Provide lots of skin-to-skin contact.
10. Try nursing while you both enjoy a warm bath.
11. Drip expressed breastmilk (or formula, or sugar water if no ebm is available) over your nipple in the corner of the baby's mouth while he is at the breast.
12. If baby becomes upset as you are trying, stop and attempt to calm him before trying again.

