

TEETHING & BREASTFEEDING



Teething is not a reason to wean your baby from the breast. Babies who are actively breastfeeding will extend their tongue over their lower gumline, making it impossible to bite down. Simply remove baby from the breast when they are no longer actively nursing, and biting can be avoided.

Signs of **Teething**

- Red, swollen gums
- Chewing on hand and objects
- Nursing nonstop (comfort nursing)
- Refusing to nurse or fussing at the breast
- Fussing/Crying
- A low grade fever
- Drooling
- Loose Stools



Teething **TIPS**

Here are some things you can do before and after nursing to help prevent biting.

- Offer something cold such as a teether to baby just before offering the breast. Try wetting a washcloth and placing it in the freezer for baby to chew on.
- Massage the gums with a clean finger just before latching. You can also cover your finger with a clean washcloth and massage this way.
- Ask your baby's Healthcare Provider what pain relievers can be given to baby 30 minutes prior to breastfeeding.
- Try changing nursing positions to see if you can find a more comfortable position for baby.
- Provide plenty of teething opportunities in between feedings with teething toys to satisfy infant's need to bite and soothe gums.
- If your baby refuses to nurse, be sure to express your milk at every feeding to protect your supply. You can offer expressed breast milk from a bottle or cup.

What If My Baby Bites?

IF baby bites, remove him or her from the breast and calmly say something like "**No. We don't bite. If you bite, we stop nursing.**"

Remember to insert your finger into the corner of baby's mouth before removing him or her from the breast. Quickly pulling baby off can cause injury.

Try not to yell or scream if baby bites. Doing so could startle your baby and cause a nursing strike. Some older babies may bite to get mom's attention. Making a loud sound may encourage an older baby to continue to bite.

Babies also may bite down if they get bored, when the flow of milk slows, or when they are full and finished nursing. Try to switch sides frequently. This will help your milk to continue flowing and will help prevent baby from getting bored.

Remember, not all babies try to bite while nursing. If they do try to bite, it is often temporary and lasts only a few days or a couple of weeks.