

How do you know if your baby is nursing correctly?

- Your baby's mouth is open wide with lips turned out.
- His chin and nose are resting against the breast.
- He has taken as much of the areola as possible into his mouth.
- He is suckling rhythmically and deeply, in short bursts separated by pauses.
- You can hear him swallowing regularly.
- Your nipple is comfortable after the first few suckles.

How do you if know your baby is not feeding well?



- Your baby's head is not in line with his body.
- He is sucking on the nipple only, instead of suckling on the areola with the nipple far back in his mouth.
- He is sucking in a light, quick, fluttery manner rather than taking deep, regular sucks.
- His cheeks are puckered inward or you hear clicking noises.
- You don't hear him swallow regularly after your milk production has increased.
- You experience pain throughout the feed or have signs of nipple damage (such as cracking or bleeding).



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If you are experiencing any problems or have any questions about breastfeeding, contact your WIC Breastfeeding Peer counselor Tracy Metcalfe at 989-895-4002