



BREASTFEEDING & BITING

Many nursing moms worry about babies biting. Some babies never bite and some only bite once. There are many ways to manage it. Biting does not have to end breastfeeding.

Planning Ahead:

- Nurse in a quiet room away from noise and TV.
- Close the 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.
- Most biting problems resolve in time.

For more help, call the county health department or the Arkansas WIC Breastfeeding Help-line at 1-800-445-6175.

