

## Teething

You do not need to wean when your baby's teeth come in. Some babies bite when their gums are swollen and sore with teething. But babies cannot bite when they are actively sucking. Biting can occur at the end of a feeding, when the baby is no longer hungry, but playful. Usually, biting ends as quickly as it begins.

### If your baby is teething:

- sooth your baby's gums with a damp, cold wash cloth, or teething ring before the feeding.
- give baby your complete attention while breastfeeding.
- watch for signs that your baby is done and then remove him.
- give extra attention to good positioning and latch-on.

**If your baby bites**, your natural reaction will be to startle and take baby off your breast. After this sudden reaction, many babies are less likely to bite again.

### If your baby continues to bite:

- stay calm and simply stop the feeding by slipping your little finger into the corner of your baby's mouth to break the suction.
- if baby is hungry, offer the breast again. If the biting continues, remove baby from the breast for a few minutes.
- your baby will soon learn that biting brings an end to breastfeeding, and the biting will stop.



# Nursing Strike

## What do I do if my baby suddenly stops breastfeeding?

A nursing strike is when a baby who had been nursing well suddenly refuses to breastfeed. This is different from a baby who is ready to wean. A nursing strike usually lasts for several feedings or several days. It may be caused by teething, illness, distractions, or sometimes no cause is found.

## If your baby suddenly refuses to breastfeed:

- hand-express or pump your breastmilk, but still try to breastfeed often.
- give your baby your expressed milk using a teaspoon, a hollow-handled medicine spoon or a cup.
- watch your baby for early signs of hunger and offer the breast at those times.
- breastfeed in a quiet, darkened room.
- try breastfeeding when your baby is sleepy.
- cuddle and play with your baby often.
- call a breastfeeding specialist or your doctor if a nursing strike lasts longer than two days.

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