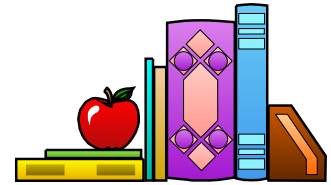


OH NO! What About Biting?



Just when it seems breastfeeding is going just right, your baby may discover a new game - biting at the end of the feed! Or she may decide her gums hurt before her teeth erupt, and try rubbing them on the breast. Biting may surprise you and make you wonder if you should continue breastfeeding, but keep in mind that breastmilk provides some relief from pain – including the pain of teething.

Here are some tips to help you through this new challenge in the development of your precious baby.

- Watching your baby as she nurses, particularly near the end of a feed.
- Be ready to end the feed if you notice the baby's nursing pattern change from long sucklings to shorter bursts of suckling.
- Remember when your baby's tongue is over the gum, which is necessary to obtain milk efficiently, she can't bite the nipple.
- Don't offer the breast for snacks when the baby has been biting.
- Offer other soothing devices to your baby. A cold cloth rubbed against the gums may feel very good, as will a cold-gel teething device.
- Your milk will offer some relief from the discomfort of teething. Don't stop! But watch your baby as she is nursing to be prepared.
- If your baby does bite, say "No!" very firmly and stop the feeding. Do not resume the feeding. Offer other soothing methods if the baby wants them.
- Your baby may begin waking during the night for nursing. This does not mean your milk has decreased. Your baby needs you for comfort and pain relief. Respond to her needs.
- If you yell in surprise by the biting, the baby may be reluctant to go to the breast for a few feedings. If this happens, offer the breast before the baby becomes really hungry. Be sure the baby receives enough food and fluid by cup until she returns to the breast.
- Remember this is another stage in your baby's development. Be aware of the changes in your baby. Trust in the knowledge that this too will pass.