

Congratulations!

On giving your baby the best start by breastfeeding for the first **SIX** months.

As you know, there are SO many benefits to breastfeeding for both you and your baby.

- **Breastfeeding can prevent obesity.** Studies have shown that children who are breastfed are less likely to be obese during adolescence and adulthood.
- **Better teeth.** Breastfed babies have better jaw alignment and are less likely to need orthodontic work when they get older.
- **Lowered risk of diabetes.** Babies who are breastfed are less likely to develop Type I Diabetes in childhood. Mothers are also less likely to develop Type II Diabetes.
- **Lowered risk of asthma and allergies.** Studies have shown that breastfeeding lowers the chances of a child developing allergies and asthma symptoms.
- **Other diseases.** Research suggests that breastfeeding may also play a role in preventing digestive diseases, such as colitis. And moms are less likely to develop ovarian and breast cancer!

Teething is one of the most common causes of frequent night waking during the first year. It can also cause fussy nursing behavior, as some babies experience gum discomfort with breastfeeding.

Some things that may help teething babies:

- Soothe baby's gums with a frozen/refrigerated ring or rub an ice cube on his or her gums
- Talk to your baby's doctor about using a baby pain reliever 30-45 minutes before nursing
- Avoid using Orajel or other topical anesthetics before breastfeeding as it numbs baby's mouth and can make breastfeeding very difficult for baby.

From Marisela Krupp, WIC Breastfeeding Peer Counselor

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(Spanish Speaking)

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Worried about biting? Call, text, or email for more help.

