

# WHEN TO CALL FOR BREASTFEEDING HELP

## Before baby is born, call the breastfeeding counselor:

- ◆ if you have flat or inverted nipples
- ◆ if you had problems breastfeeding another baby



## After baby is born, call the breastfeeding counselor:

- ◆ if your baby does not latch-on and feed well
- ◆ if you are told to stop breastfeeding for a medical or any other reason
- ◆ if you have any breast or nipple pain (breastfeeding is not supposed to hurt!)
- ◆ if your baby breastfeeds less than 8 times or more than 16 times in 24 hours
- ◆ if your baby is premature, has jaundice, birth trauma, or other problems
- ◆ if you are worried about your milk supply
- ◆ if your baby is not gaining weight (at least 4-7 ounces per week)
- ◆ if you plan to return to work or school
- ◆ if you or your baby is sick or hospitalized
- ◆ if your baby has fewer bowel movements and wet diapers than shown on the chart:

Baby's Age	Wet Diapers each day	Bowel Movements each day
1 Day Old	1	1
2 Days Old	2	2
3 Days Old	3	2
4 Days Old	4	3
5 Days Old	5	3
6 Days to 4-6 weeks	6	3

**Call any time you have questions or problems**

WIC Breastfeeding Helpline 609-498-7755 or 609-475-5764



New Jersey WIC Services  
[www.state.nj.us/health/fhs/wic](http://www.state.nj.us/health/fhs/wic)  
 800-328-3838