

## OLDER BABIES MAY REFUSE TO LATCH ON BECAUSE:

- They have a cold or ear infection
- They have been feeding from bottles a lot
- They are sensitive to a food or medicine you have taken
- They are teething or have thrush.
- They may have startled you by biting and become unwilling to latch
- Your milk 'lets down' too slowly or quickly
- A stressful event may have happened
- You may have changed soaps, lotions, etc. that the baby doesn't like or remember as being you
- You may be pregnant again
- Your milk supply decreased because your menstrual cycle returned or you are on certain types of hormonal birth control

## REMEMBER THESE GUIDELINES:

- Feed baby: With a cup, spoon or syringe.
- Protect milk supply: By pumping or manually expressing at least eight (8) times per day.
- Enjoy your baby! Spend lots of time skin-to-skin.

**Follow up:** A list of breastfeeding support services is in the postpartum package, called: "Breastfeeding Help Peterborough"

It will take time and patience, but follow these guidelines, seek help and your baby will soon be latching.

## BREASTFEEDING

WHEN YOUR BABY WILL NOT LATCH ON



POP (Pediatric Outpatient) Clinic  
Breastfeeding Clinic  
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## BREASTFEEDING: When Your Baby Will Not Latch On

This usually happens in the early days of breastfeeding but can also happen when the baby is older. It does not mean that you cannot breastfeed your baby. Many babies take longer to start breastfeeding. Some babies refuse to latch onto one or both breasts for a few days or more.

If this happens you may feel upset, worried or rejected. We are here to give you lots of support through this time and ensure that you get good follow-up care when you leave the hospital.



## What can I do to help my baby breastfeed?

- Follow the 'Breastfeeding Care Map' that was given to you after delivery or the one on the wall in your room.
- Keeping baby with you 'skin-to-skin' as much as possible is the best thing you can do. We will help you to understand your baby's feeding cues.
- Massage your breast before trying to breastfeed to help the milk start to flow.
- Express drops of milk/colostrum on your nipple to encourage latching.
- Stimulate your milk supply by hand, expressing or pumping every 2–3 hours.
- Feed your breast milk by cup, spoon, syringe or eye dropper every 2–3 hours.
- Do not use a bottle in the first three days as it can make things worse.
- Your baby only needs a small amount in the first few days (5–10 mL, every 2–3 hours).
- Make sure you are comfortable and your baby is positioned with her head slightly tilted back (like we do when we take a drink).

## WHY WILL MY BABY NOT LATCH ON TO MY BREAST?

- They are sleepy from medications you received during birth
- They are being held in a way that makes sucking difficult
- They are stressed from a difficult birth
- They are holding their tongue up and back on the top of their mouth
- They may be sore and uncomfortable from forceps or vacuum delivery
- They are not showing any hunger cues or have 'late' hunger cues
- You have a premature baby or low birth weight baby
- You have inverted nipples
- Your baby has used bottles or soothers before learning how to breastfeed
- Your breast may be too full from milk engorgement or implants
- They may just need more time to learn