

# Nursing babies don't bite! But what if they do?



Nursing mommies do not make good teething rings! But, not to worry! Most babies do not bite down while nursing and those who do may only try once. A common time for a baby to begin biting down on objects is after the first teeth come in, perhaps due to sore gums.

The following tips can help you prevent biting:

- ♥ Learn to tell when your baby is near the end of a feeding. Remove baby from the breast if she begins short choppy sucks instead of long even ones or has a playful look on her face. Put her back on the breast if she still seems hungry.
- ♥ Offer your baby a cold wash cloth or chilled teething toy to chew on right before feeding.

If your baby does bite try pulling him in real close to your breast. Pulling the baby in will partly block his airway making him let go of the breast. If your baby keeps biting, say “no,” remove him from the breast and wait a few minutes before resuming the feeding. Your baby will get the message to not bite.

*Mother's Milk offers your baby health benefits that will last a lifetime!*



Breastfeeding Awareness and Support Program  
Healthy Baby Line  
1-800-986-BABY



Pennsylvania WIC Program  
1-800-WIC-WINS  
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