

Breast Preference

Occasionally, a baby may want to nurse only on one breast. It can happen for a number of reasons: baby prefers one position over the other, differences in breast size, nipple shape, milk flow, etc. The following tips will help you coax your baby to nurse on both sides:



- ♥ Nurse on the preferred breast first. Once milk starts flowing, change breasts without changing the baby's position or contact points with mom. Example: use the football hold on one side and the cradle hold on the other. Some babies simply prefer to maintain the same pressure points.
- ♥ Offer the rejected breast after let down - in case the issue is fast milk flow.
- ♥ Experiment with different positions, including the semi-reclined position.
- ♥ Experiment with "nipple shaping" in case baby doesn't like how one nipple is shaped. Before latch-on, compress the breast tissue slightly between thumb and fingers to flatten like you flattening a sandwich to get it into your mouth.
- ♥ Offer plenty of skin-to-skin contact.
- ♥ Offer the rejected breast when baby is more sleepy or in a dark room or while comforting the baby by gentle jiggling, rocking or shushing, etc.
- ♥ Express milk from the rejected breast if attempts are unsuccessful.
- ♥ Seek medical attention, if rejection persists, to rule out illness. Persistent rejection of one breast has been associated with early stages of breast cancer or infection!

*Nursing isn't always an easy choice. You made the best choice!
You can coax your baby to nurse on both sides!*



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



Pennsylvania WIC Program
1-800-WIC-WINS
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