

Leaking Breasts



It is normal for milk to leak from the breasts, especially during the early weeks. The following tips will help control leakage:

- ♥ Breastfeed often.
- ♥ Breastfeed before having sex.
- ♥ Use nursing pads without plastic lining. Change them often to prevent problems with sore nipples. You can also make nursing pads by cutting up handkerchiefs, diapers, towels, etc.
- ♥ Avoid wearing solid colors or clothing made from silk. Wear clothing that has a pattern such as a floral print or checked design. This makes it more difficult to see leakage.
- ♥ Press your forearms against your breasts to control leakage when out in public.
- ♥ If needed, pump an ounce for comfort and store it for relief bottles.

Mother's Milk provides your baby with 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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