

## Breastfeeding Tip

*It is normal for your breasts to feel tender and full around 2 to 5 days after your baby is born. If your breasts become warm, hard and painful, they may be too full of milk, or engorged.*

### **Tips to prevent engorgement:**

- **Breastfeed often**, every 1 to 3 hours.
- **Get a good latch** to help your baby get more milk out of your breasts.
- **Don't skip feedings.** If you miss a feeding and your baby is given a bottle, express some milk using hand expression or a breast pump.



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*Talk to WIC or a lactation consultant to learn more.*



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