**Biting While Breastfeeding**

As soon as babies start getting teeth, breastfeeding moms get concerned about their baby biting while breastfeeding.

**Stop Biting Tips:**

* **“It Hurts!”** It is important to let your baby know that it hurts you when they bite. Saying, “Ouch! Biting hurts Mommy!” is very appropriate. Even very young babies can understand the tone of your voice.
* **End the Session:** Unlatch your baby by sliding your finger into the side of his mouth to break the suction. Your first reaction may be to just pull the baby off, but this can cause soreness in your nipples. It is best to break the suction first. Do this immediately if he bites. This lets the baby know that biting ends his feeding time. Do not offer the breast again for at least 15 minutes. For some babies, not nursing is discouragement enough. If it keeps happening, end the session and put your baby down for a few minutes. They learn that they don’t get to nurse if they bite.
* **Learn the Cues:** Babies often bite when they are bored or are frustrated. If a baby is easily distracted, nursing in a quiet room will help minimize distractions. A nursing necklace or toy that is only offered at feeding times can prevent boredom. If baby is getting restless or pulling away, go ahead and take baby off and offer the breast again later. If you learn the cues, biting may be prevented.
* **Teething:** Teething is another common reason. Try offering a teething ring or necklace to baby for something to chew on before the feeding. Also, it may be beneficial to offer a frozen wash cloth for them to numb their gums before feeding. It may help to ice your nipple beforehand also to help prevent the pain.
* **Correct Latching:** If a baby is latched on correctly, the nipple should be about an inch behind his teeth. If your baby is actively nursing in a correct position it is physically impossible for him/her to bite you. Many biting incidents occur when the nipple slips out of position and comes back toward the front of the mouth. This happens mostly when a feeding is winding down or the baby is sleepy. If you feel a change in suck, take your baby off the breast. Many moms need to frequently change positions to rotate how the baby is sucking on breast.

Not every baby bites, but biting is a painful and discouraging phase for some. **But rest assured, it is just a phase.** Babies can learn that biting is not tolerated and nursing will get back to normal. Hang in there! Don’t quit yet. Hopefully these tips will help your baby learn not to bite and you can both enjoy this special time of closeness for a while longer.

Soure: Breastfeeding Magazine http:’’www/breastfeeding-magazine.com/baby-biting.html

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