



November 2021 Issue

# WIC Program Newsletter

## Office Hours

**Monday - Friday:**  
8:00am – 4:15pm

## Site Location & Dates

Currently Conducting Remote  
Appointments

## Breastfeeding Support Group

*Please join us for our virtual  
breastfeeding support group!*  
**Every Monday and Friday at  
10am and Wednesday and  
Thursday at 6pm.**

## CEO's WIC Program

**2328 Fifth Avenue,  
Troy, NY 12180**

**Phone:** 518-272-6159

### Website:

[www.ceoempowers.org/wic](http://www.ceoempowers.org/wic)

**\* This institution is an equal  
opportunity provider.**

## Sleep and Your Breastfeeding Infant!!

### Where should my baby sleep?

There are many options for where your baby can sleep, but in your bed is not one of them. Putting your baby in bed with you, or bed-sharing, is hazardous and increases the risk of sudden infant death syndrome (SIDS). While bed-sharing isn't a good idea, *room-sharing* (keeping your little one close by) can help make breastfeeding a whole lot easier. Here are ways to do that:

- Put a bassinet, play yard, or crib next to your bed. This lets you keep that desired closeness, which can be especially important if you're breastfeeding.
- Buy a device that looks like a bassinet or play yard with one side that is lower, which attaches to your bed to allow you to be next to your baby without the possibility of rolling over onto your infant.

Never let your baby sleep on a soft surface or in the same room with people who are smoking. Babies should always be put on their backs to sleep to help reduce the risk of SIDS.

To make nursing in bed more comfortable for yourself, it may help to keep a donut-type nursing pillow on or near your bed or to use a "husband" back pillow with arms on each side. Keep the room dimly lit for nighttime feedings and also keep stimulation (talking, singing, etc.) to a minimum. This will help your baby to realize that nighttime is for sleeping — not playing — and will encourage your little one to return to sleep sooner.

### My baby falls asleep while nursing. What can I do?

Newborns often fall asleep at the breast, especially after feeling satisfied from a good feeding. (You'll know if your baby isn't nursing if you don't hear swallowing sounds, like little clicks, or see the jawbones moving.)

If you think your baby is asleep and hasn't finished nursing, here are some tips to try:

- undress your baby and rub the back
- tickle the feet
- burp your baby
- try changing your baby's diaper or switching to the other breast

Babies who latch on incorrectly may fall asleep at the breast. If this happens, break the suction and reposition your baby onto your breast to include both your nipple *and* areola. You can break the suction by slipping your finger in the side of your baby's mouth (between the gums) and then turning your finger a quarter turn to break the suction.



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Photo courtesy of <https://www.babycentre.co.uk/a123/how-can-i-get-my-baby-to-sleep-through-the-night>

## Is it OK to nurse my baby to sleep?

In the first few months of life, it's practically impossible to keep a nursing baby awake who is satisfied with a full belly. Once babies get older, however, most doctors advise against nursing a baby solely for the purpose of getting him or her to sleep. Doing this regularly may prevent your baby from learning how to fall asleep on his or her own. At nap times and bedtime, try to put your baby down slightly awake so that he or she will get used to falling asleep without having to nurse. Make breastfeeding sessions more about nourishment and less about pacifying. If your baby is sick or has been separated from you, you may want to nurse for comfort, but try not to make it a habit. If your baby has trouble falling asleep, consider giving him or her a pacifier. Experts recommend giving babies under 1 year old pacifiers at nap time and bedtime to reduce the risk of SIDS — but only after breastfeeding has become established, so no sooner than 3 weeks of age. But if your little one doesn't want a pacifier, don't push it. Try to encourage your baby's sleep by establishing a bedtime routine that will be familiar and relaxing.

Bathing, reading, and singing can soothe babies and signal an end to the day. Be consistent and your baby will soon associate these steps with sleeping.

## When will my baby sleep through the night?

Newborns should be woken up every 3 to 4 hours until their weight gain is established, which typically happens within the first couple of weeks. After that, it's OK if a baby sleeps for longer periods of time. But don't get your slumber hopes up just yet — most breastfed infants *won't* snooze for extended periods of time *because* they get hungry. Remember, breast milk is much more easily digested than formula, so it passes through babies' systems faster and, therefore, makes them hungry more often. Newborns' longest sleep periods are generally 4 or 5 hours — this is about how long their small bellies can go between feedings. If newborns do sleep for a while, they'll probably be extra-hungry during the day and may want to nurse more frequently.

## Will it hurt my milk supply to let my baby sleep?

Letting your baby sleep through the night (usually at around 3 months of age) isn't going to hurt your breastfeeding efforts. Your body readjusts your milk supply based on when you nurse and how much your baby needs. Some babies will sleep through the night early but will make up for it during the day, so your breasts will accommodate that.