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-  Leaking? Press firmly against breasts for 1 to 2 minutes.
-  Use breast pads to protect clothes.
-  Wear patterned or print tops or vests that button in the front.
-  Milk supply low? Breastfeed or express every 2 to 3 hours on days off or when you are home to increase milk.
-  Baby refusing a feeding at caregivers? Baby may want to "cluster nurse" or breastfeed more often while together, every 1 1/2 to 2 hours.
-  Invest in a small cooler and reusable ice packs.
-  Breastfeed at caregiver's before work/school and again before going home.



Tips to Help Baby Take a Bottle or Cup

-  The first few times will be a "learning" feeding.
-  Introduce a bottle around 3 weeks of age.
-  Have someone other than mom offer bottle.
-  Wrap baby in a piece of mom's clothing.
-  Try offering the bottle when baby is still sleepy or awake and content.
-  Run warm water over bottle nipple.
-  Try different types of bottle nipples (rubber or silicone).
-  Try different positions. Some babies like to be held facing out, with their back against the caregiver's chest.
-  Offer bottle while rocking, walking or swaying baby. Remember, baby can be fed mom's milk with a cup or spoon.

