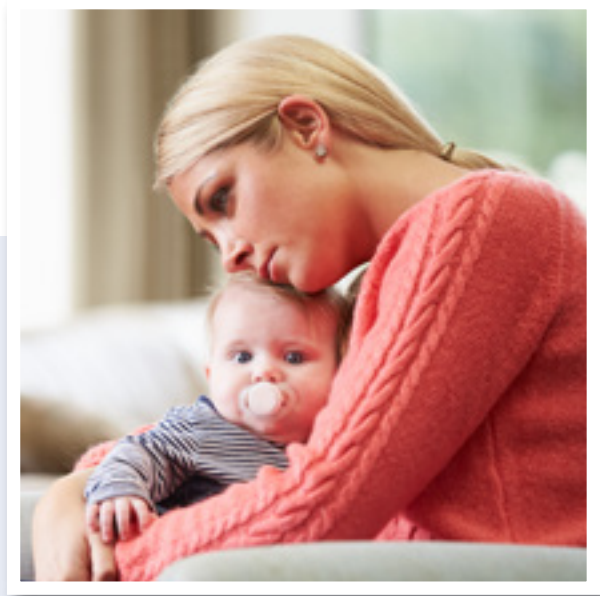


# Nursing Strikes

There may be times when your baby suddenly cuts back or stops breastfeeding altogether. This is known as a nursing strike. If your baby is under 12 months, this is usually not a sign that they are ready to wean.



## What causes a nursing strike?

Here are a few reasons a baby might start refusing to breastfeed.

- Any illness that makes breastfeeding uncomfortable, such as an ear infection, a stomach bug or a cold.
- Your baby is teething.
- Your baby starts preferring the faster flow of the bottle.
- A change in their typical routine.

## How should you respond?

- Don't limit or deny bottles or food, thinking your baby will breastfeed if they are hungry enough.
- Never force your baby onto your breast, as this might make things worse.
- If you feel angry or frustrated, stop your attempts and try again later.
- Pump to maintain your milk supply while your baby is not breastfeeding.

Continued →

## What Might Help?

- Make sure your baby is getting enough to eat by feeding him expressed breastmilk or formula.
- If your baby also refuses the bottle, call your pediatrician baby's doctor right away.
- Holding your baby skin-to-skin helps him feel safe and makes may make him more likely to latch.
- Express some milk onto your nipple or hand express until your milk starts flowing before offering the breast.
- Try different breastfeeding positions.
- Offer your breast when your baby is falling asleep or waking up.
- Ask a lactation consultant for help and suggestions.

There are many reasons why a baby may be on a nursing strike and several possible solutions. A lactation consultant can help you create a plan to end the nursing strike. Talk to your baby's doctor if you are concerned that your baby is not getting enough to eat.

**Find more tips at [BreastmilkCounts.com](https://www.breastmilkcounts.com)**

For free 24/7 information and support, call the Texas Lactation Support Hotline at 855-550-6667 to speak with a lactation consultant.

**WIC has resources, healthy foods and more. Apply here:**



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