



Women's, Infants, and Children
Supplemental Nutrition Program

Department of Public Health
City and County of San Francisco

Your Guide to Breastfeeding

Caring for Your Breasts and Nipples

- Wash your breasts each day. Use plain water, and **no soap** on your nipples.
- Buy a nursing bra in the last weeks of pregnancy when your breast are larger. When your baby is born your breasts will become even larger. A nursing bra should not be too tight.
- Wear a supportive bra. Some women need to wear them even at night. Make sure your bra is dry.
- After each feeding, dry nipples by exposing them to the air.
- You may apply some of your own breast milk to the nipple and areola after nursing to help protect and soothe your nipples.
- If you use breast pads in your bra, use only white paper or cotton. Breast pads made with plastic (or a waterproof lining) can keep your nipples wet and make them sore.
- You can make your own pads. Cut pieces of cotton fabric like flannel or cloth diapers to use as pads.



For breastfeeding questions, pump loans, classes, or other help, call your WIC Clinic.

Standards for participation in the WIC Program are the same for everyone regardless of race, religion, national origin, color, sex, political beliefs or handicaps. Persons believing they have been discriminated against may write to: Secretary of Agriculture, United States Department of Agriculture, Washington D.C. 20250.
Developed by the San Francisco Department of Public Health WIC Program, Rev., 8/2002.

Your Guide to Breastfeeding

Caring for Your Breasts and Nipples

- Wash your breasts each day. Use plain water, and **no soap** on your nipples.
- Buy a nursing bra in the last weeks of pregnancy when your breast are larger. When your baby is born your breasts will become even larger. A nursing bra should not be too tight.
- Wear a supportive bra. Some women need to wear them even at night. Make sure your bra is dry.
- After each feeding, dry nipples by exposing them to the air.
- You may apply some of your own breast milk to the nipple and areola after nursing to help protect and soothe your nipples.
- If you use breast pads in your bra, use only white paper or cotton. Breast pads made with plastic (or a waterproof lining) can keep your nipples wet and make them sore.
- You can make your own pads. Cut pieces of cotton fabric like flannel or cloth diapers to use as pads.

For breastfeeding questions, pump loans, classes, or other help, call your WIC Clinic.

Standards for participation in the WIC Program are the same for everyone regardless of race, religion, national origin, color, sex, political beliefs or handicaps. Persons believing they have been discriminated against may write to: Secretary of Agriculture, United States Department of Agriculture, Washington D.C. 20250.
Developed by the San Francisco Department of Public Health WIC Program, Rev., 8/2002.