

Making enough milk...

The more you breastfeed, the more milk you will make. Feed often, at least 8 times in 24 hours, especially when your baby is less than a month old.

- ♥ Check for good latch-on and positioning.
Your baby should take your breast, about 1-1½ inches beyond the nipple, into his mouth. Hold your baby snugly against you. His chin should be touching your breast, and his nose will be touching or very close to your breast.
- ♥ Nurse often.
For the first 2-3 months, your baby may not feed at exactly the same times each day. Be sure he is feeding 8-12 times in 24 hours (usually every 1½-3 hours).
- ♥ Massage your breasts.
Massage your breasts just before and during a feeding to help you to relax, get your let-down (release of milk from the breast), and produce more milk.
- ♥ Take care of yourself!
Make time to eat. When you're busy, take time for healthy snacks and quick meals. Drink nutritious liquids, like 100% juice or low-fat milk, to quench your thirst. Rest when your baby is sleeping and ask others to help you with household chores.
- ♥ Avoid supplements.
For the first 3-4 weeks of your baby's life, avoid using supplements of formula or water and never give baby foods to babies this young. Supplements can fill your baby up, causing him to take less from your breasts. Breast milk contains plenty of water to meet your baby's fluid needs. Both colostrum (the early breast milk) and mature breast milk provide all the nutrition your young baby needs.

- ♥ Avoid using rubber nipples.
Babies use different tongue and jaw motions to suck on pacifiers and rubber bottle nipples compared with the way they suck to get milk from the breast. When rubber substitutes are given before a baby is 3-4 weeks old, they may confuse the baby.
- ♥ Medications may affect your milk supply.
Most medications are safe while breastfeeding, although some can affect milk supply. Talk to a breastfeeding specialist or your doctor if you are taking any medications.
- ♥ If you smoke, try to quit.
Smoking can decrease your milk supply. If you are unable to quit, try to cut down on smoking as much as possible.

To build up an established milk supply...

- ♥ Nurse (or pump) often.
If you are not already doing so, nurse (or pump) at least 8 times in 24 hours. If you are nursing at least 8 times in 24 hours, try nursing more often – up to 12 times throughout the day and night. If your baby is sleeping for more than 4 hours at a time, wake him to feed.
- ♥ Nurse long enough.
How long a baby nurses will vary. Some babies may nurse for as little as 10 minutes while others can take up to 30 minutes or more. It is important to nurse long enough to allow your baby to get the hindmilk which comes later in the feeding and is higher in fat and calories.

- ♥ Nurse on both breasts.
Use both breasts each time you feed your baby or nurse on one side and pump on the other.
- ♥ Review the *Making enough milk* section (listed in this pamphlet).
- ♥ Contact someone for help.
Call your breastfeeding specialist if you are using a nipple shield, since nipple shields can cause a low milk supply. Call your healthcare provider or breastfeeding specialist if you think your baby is not getting enough or not growing well.

How to tell your baby is getting enough...

Your baby should be:

- ✓ Gaining weight (although it is normal for babies to lose a small amount of weight during the first week of life).
- ✓ Having at least 6 wet diapers in 24 hours (once your mature milk has come in and your baby is at least one week old).
- ✓ Having at least 3 bowel movements a day (once your mature breast milk has come in and your baby is at least one week old). It is normal for babies older than 4-6 weeks of age to have anywhere from 1 bowel movement a day to 1 bowel movement a week.

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Am I Making Enough Milk?

Tips for Successful Breastfeeding



Breastfeeding Notes: