

# MILK SUPPLY

Often new mothers are concerned about producing enough milk to feed their baby. These concerns are often derived from social media, negative outcome stories from blogs, friends, and families. Other concerns may include the weight of baby, baby wanting to feed more often than expected, baby not being satisfied after feedings and falling asleep minutes after feeding.

If you have concerns about milk supply, a careful assessment and feeding exams with an International Board-Certified Lactation Counselor IBCLC or Certified Lactation Counselor (CLC) is recommended.

## BREASTFEEDING MAY GET OFF TO A POOR OR WEAK START IF:

- Feedings are not frequent enough.
- Separation due to baby being in NICU.
- Overuse of pacifier.
- Smoking.
- Using lactation suppression medications.
- Physiological problems- breast injury/surgery, abnormal thyroid hormones, inverted nipples, and more.



## CONSIDER YOUR GOALS FOR BUILDING A MILK SUPPLY? IS IT TO:

- Exclusive breastfeed?
- Provide expressed milk with bottles?
- Breastfeed and supplement with bottles of formula or expressed milk?

## TIPS TO IMPROVE MILK SUPPLY:

- Watch closely for baby's desire to feed.
- Do pre-feeding bonding such as skin-to-skin with your baby.
- Massage your breasts before feeding to encourage your milk to let down.
- Offer both breasts at each feeding.
- Feedings should be frequent and efficient.
- Your baby will breastfeed about 8 to 12 times in 24 hours. Think "8 or more, 24"
- Change nursing position from one feeding to the next.
- Allow baby to nurse until the baby ends the feeding on its own.
- Pump or express your milk after feeding to ensure breast are empty.



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