



AM I MAKING Enough Milk?

Know the Signs and How to Get Help

Breastfeeding is a skill that you and your baby develop over time. The first few weeks can be a busy time when you are both learning a lot about how to work together. Many new parents have concerns about whether their baby is getting enough milk and if their milk supply is adequate. Many times, your body is making exactly what your baby needs. However, this handout will help answer your questions.

At birth, your [baby's stomach](#) only holds about 1 to 2 teaspoons, about the size of a marble. By day 10, the stomach has grown to hold about 2 ounces. As you continue to breastfeed your baby, your body will adjust the amount and makeup of your milk to meet your baby's nutritional needs. Follow your baby's hunger cues, and let your baby tell you when it is time to eat. By 2 weeks of age, most mothers can make an average of 24 oz (720 ml) of milk each day.

Signs Your Baby Is Getting Enough Milk

- ✓ You can hear or see your baby swallowing.
- ✓ Your baby seems happy after feedings, with relaxed hands and feet.
- ✓ Your baby has 6 or more wet diapers in 24 hours by 2 weeks of age.
- ✓ Your baby is eating 8 or more times every 24 hours.
- ✓ Your baby's growth and weight gain are appropriate for age.

False Alarms

Some normal baby behaviors may lead you to question if you are making enough milk. If your baby is growing well, these signs do NOT indicate that you have low milk supply:

- YOU:
- aren't able to pump.

A baby is more effective than a pump at removing milk. Even though you may only pump small amounts, you can still have a healthy milk supply.

- don't feel your let-down of milk.

You may only feel let-down early in breastfeeding or the sensation may change over time.

- YOUR
BREASTS:
- no longer feel "full."
 - no longer leak milk.

After about 6 weeks of breastfeeding, supply adjusts to baby's needs and a hormonal change often results in softer breasts.

- YOUR
BABY:
- is fussy.
 - drinks a bottle after breastfeeding.
 - doesn't sleep for long or wakes at night to feed.

These are all normal behaviors in babies as they go through developmental changes and physical growth.

If your baby is not gaining weight as expected, contact your child's pediatrician. Breastfeeding resources in your area can be found through the [North Carolina Breastfeeding Coalition](#) or your [local WIC office](#).

The BEST way to make more milk is frequent and complete removal of milk from the breast.

TIPS FOR INCREASING MILK SUPPLY

If you aren't making enough milk, there are ways you can build your supply.

Maintain Routines

Less frequent or shorter nursing sessions can reduce supply. Feed your baby **at least 8 or more times in 24 hours** for as long as they need.

- It's best not to put your baby on a strict feeding schedule.
- It is normal for your baby to wake to feed at night.
- Offer both breasts at each feeding. Let your baby finish the first side, then offer the other side.

Breast Massage

Before feeding or pumping, gently massage your breast starting at the base of the breast and moving down toward the nipple. This helps to physically move the milk toward the nipple for easier removal by the baby or a breast pump. Watch this [video](#) for more guidance.

Emotional Well-Being

Some parents find that stress decreases milk supply. Continue feeding or pumping at least 8 or more times in 24 hours. As the stressful period improves, so should your milk supply. Many parents find that taking a few minutes a day to relax can help emotional well-being and milk supply. Sit, lie down, listen to music, meditate, read, or do other things to relax.

Skin-to-Skin Baby Care

Have skin-to-skin time with your baby. Undress your baby to their diaper only, and lay baby on your bare chest for several minutes. Use a blanket if the room is cool.

Connection Between Feedings

It is normal for your baby to want to be at the breast between feedings or pumping. This stimulation at breast, even if it is brief or the baby is not actively drinking, helps support your milk supply.

Extra Feeding or Pumping:

Adding extra feeding or pumping sessions tells your body to make more milk. Give your body at least a week to adjust. Two options are:

- Power pump by alternating 10-minutes of pumping and 10-minutes of rest for one hour daily.
- Schedule 24-48 hours when you can nurse (if your baby is willing) or pump every 2 hours consistently during the day and evening and twice during the night. This is what your baby will do during a "growth spurt" to increase your milk supply.

Eat And Drink

Make sure that you are taking care of you. Each day:

- Drink 8-10 cups of fluids.
- Eat 3 meals with snacks.

Special Foods

No food has been found to increase milk supply. There is no special diet to follow while breastfeeding.

Medications And Herbs/Supplements

Some medications have been found to decrease milk supply (such as certain methods of birth control) and some may help increase milk supply. Please talk to your health care provider to help you decide what is healthy and safe for you and your baby before using any medication or over-the-counter products (herbs/supplements).



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