

# AM I MAKING ENOUGH MILK?

Breastfeeding takes time and support. Be patient with yourself and your baby as you both learn how to make it work. Get support from friends, family and your healthcare team including your [local WIC office](#). Remember to take it day by day. It gets much easier after the first couple days and weeks. Many parents wonder if they are making enough milk for their baby. The answer is probably yes! As you feed your baby, your body adjusts to make the right amount.



At birth, your [baby's stomach](#) is small, about the size of a grape, and can only hold about 1 teaspoon. The first milk is colostrum or "liquid gold," and your baby needs only a small amount at each feeding. Colostrum helps your baby's digestive system grow and work well. Your milk supply and your baby's stomach size grow together; by two weeks, most moms are making 24 oz. (720ml) per day, and the baby's stomach can hold about 2 to 3 oz. each feeding.

## Signs your baby is getting enough milk



- ✓ Your breast softens during the feed.
- ✓ Baby feeds at least 8 or more times in 24 hours, including at night.
- ✓ Baby awakens to feed.
- ✓ By 2 weeks of age, baby has 6 or more wet diapers every 24 hours.
- ✓ Baby swallows in a rhythmic way.
- ✓ Baby seems satisfied and content after feeding with relaxed hands and feet.
- ✓ Baby is growing appropriately 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 only pump small amounts of milk.
  - Contact your local WIC office if you need help learning to use your breast pump.
  - Even though you may only pump small amounts, you can still have a good milk supply.
  - You don't feel your milk release or "let-down".
  - Some moms never feel their milk let-down or may only in the beginning.
  - Your breasts no longer feel "full" or leak milk.
  - After about 6 weeks of breastfeeding, your milk supply adjusts to meet your baby's needs and how your breasts feel may change.
- ✗ Your baby is fussy.
- ✗ Your baby wants to feed more often
  - All babies go through growth spurts where they feed more often for a couple of days.
- ✗ Your baby doesn't sleep for long or wakes at night to feed.
- ✗ Your baby drinks from a bottle after breastfeeding.



If you have concerns about your baby or how they are growing reach out to your local WIC office or your baby's pediatrician for support.

# MAKING MORE MILK

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

If you need to increase your milk supply, here are some tips. Be patient, it takes your body about a week to respond to any attempts to increase milk 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 towards the nipple. This helps to physically move the milk towards the nipple for easier removal by the baby or a breast pump.

## 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.

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).

