



# Making Enough Milk

## Breastfeeding Support Through WIC

Sometimes moms worry they are not making enough milk.

The good news is, it is quite rare that a woman's body doesn't make enough milk for her baby.

### How do you know baby is getting enough?

- ◆ Baby nurses 8-12 times/day.
- ◆ At least 5-6 wet diapers and 3 or more poopy diapers/day after the first week
- ◆ You can hear and see your baby swallowing
- ◆ Your breasts feel full before nursing and soft after
- ◆ Your baby seems satisfied after nursing
- ◆ Your baby is growing at a normal rate- (weigh your baby at clinic visits)

Sometime between your baby's first and third week of life, he will suddenly want to nurse more often. This can occur at the same time your breasts naturally soften and feel less full. (swelling from pregnancy and delivery decreases)

This does not mean you don't have enough milk-it means baby is having his first growth spurt.

When your baby goes through a **growth spurt**, he will eat what may seem like constantly, for 1 to 3 days, sometimes for up to a week.

Many moms think their baby is nursing more because he isn't getting enough, but really, he's just extra hungry during this time. Your body will naturally respond to the frequent nursing by making more milk. **AVOID GIVING BOTTLES**-you will make more milk if you breastfeed more.

Keep up the great  
work Mama!

Please reach out to  
me anytime if you  
have any questions  
or concerns or  
need another mom  
to talk to.

920-765-4375-  
Rachael

**More Nursing**  
=  
**More Breastmilk**

**GROWTH SPURTS** -  
when baby is growing fast and wants  
to eat more often (cluster feeding)

**7-10 days**

**3 weeks**

**6 weeks**



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# Increasing Milk Production

- ✦ **Feed your baby more often**, and/or increase pumping to encourage your body to produce more milk. Our bodies work on supply and demand. The more we remove, the more our body will make.
- ✦ **Check your latch.** Is baby positioned correctly? Your baby's mouth should be over much of your areola below the nipple, to remove milk efficiently.
- ✦ **Massage and compress** your breasts while nursing/pumping to fully empty them. The emptier your breast, the louder the signal for your body to make more milk. Use hand expression after nursing/pumping to fully empty breast.
- ✦ **Think about your medications.** Are you using hormonal birth control or taking an antihistamine (cold medicine) that might be affecting your milk production?
- ✦ **When your baby slows on one side, switch back to the other.** Repeat sides if necessary to drain your breasts and encourage additional milk production. This is called "switch feeding".

## What is Nipple Confusion?



Flow preference, also known as nipple confusion, occurs when a baby is bottle-fed or given a pacifier too soon, and then struggles to nurse at the breast and may even refuse the breast. Baby can get very frustrated and so can mom. The bottle and the breast work very differently. When at the breast, your baby uses special jaw and tongue movements that is unique to breast-feeding.

Babies suck from a bottle entirely differently-gravity causes the milk to flow from the bottle so easily that baby doesn't have to suck properly to get milk. It is easier to prevent a flow preference than to fix it, so **hold off on that bottle until baby is around 4-6 weeks old.** Supplements, if medically necessary, can be given in ways that don't involve artificial nipples. (ex: spoon, syringe, small cup)



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