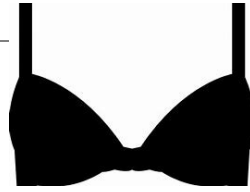


NOT ALL SUPERHEROES WEAR CAPES, SOME WEAR NURSING BRAS



SIX WEEKS IS A MILESTONE FOR BOTH MOM AND BABY.

Mom and baby settle into a comfortable pattern of enjoyable breast feeding. All the frequent feeding in the first six weeks have paid off with a good milk supply.

Changes for mom: Typically your milk supply will begin to regulate so your breasts will feel softer and less full. This doesn't mean that milk supply has decreased; instead you are making milk more efficiently and make just what baby needs. With this change most women no longer leak, even when baby misses a feeding.

It takes more than 500 calories a day to produce breast milk for your baby. Women who breast-feed exclusively begin to lose weight at a faster rate.

Changes for baby: Babies feed less often and feed faster.

The amount of milk the baby takes in at 6 to 8 weeks will stabilize, in fact *the amount of milk needed at 8 weeks is about the same as at 6 months.*

Dirty diapers becomes less frequent as your milk changes which means less diaper changes.

Babies may have a growth spurt around 6 weeks but these will happen less often and feeding become more predictable.

TIP

If you haven't already, this is a good time to start getting use to nursing away from home. Babies latch easily at this age and don't always mind being covered with a blanket or nursing cover. With some practice you feel more at ease nursing around other people.

PLEASE DON'T FORGET TO CALL OR TEXT ME FOR
BREASTFEEDING SUPPORT 920-765-4375



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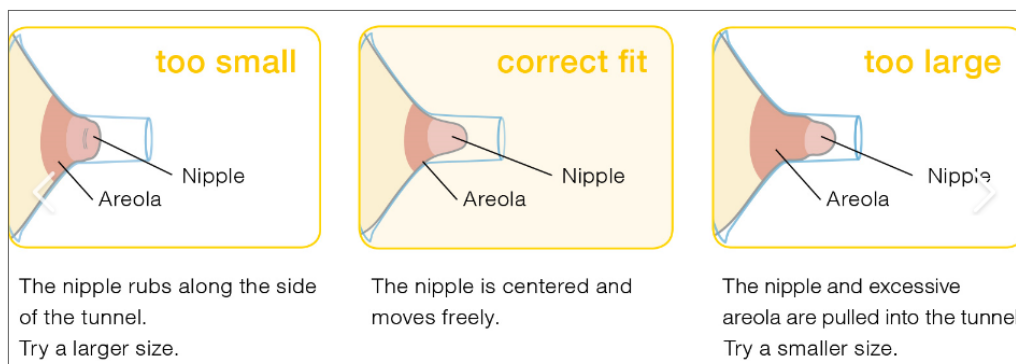
Your feedback is what makes us better!
Let us know what you think of these
newsletters on the [WIC app](#).

Rev. 9/20

BREAST PUMP FLANGES- A PROPER FIT MEANS MORE MILK!

1. If your flanges fit correctly, you will pump more milk. This will help keep your milk supply up.
2. Comfort: pumping should not hurt! If your flanges fit well, it will not be uncomfortable.
3. Your flange size can change over your pumping/breastfeeding journey.
4. Some women need different size flanges for each breast
5. Make sure your suction is set correctly. Dial up the suction until it feels a bit too strong and then dial it back one notch. This will ensure maximum milk removal and comfort.

To find out which flange is the right fit for you, check out this sizing guide by Medela:



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