

# How do I know if I am making enough MILK?

*Making too little milk is a big concern for most breastfeeding mothers. After all, you can't really see how much breastmilk your baby is getting. The fact is: most women make plenty of milk for their baby – or babies.*

## How does my body know how much milk my baby needs?

- Your baby tells your body how much milk he needs by how often he wants to nurse.
- Every time your baby empties the breast, your body will make more milk.

## My mother couldn't produce enough breastmilk. Can low milk supply run in my family?

- No. Low milk supply does not run in families.

## My baby cries all the time and all he wants to do is eat.

- Babies can't sit up, roll over or tell you what they need, so they cry for many different reasons. It isn't always because they're hungry. They may cry when they need to burp or need a diaper changed. Often, babies just need to be held.
- Babies go through several growth spurts in the first year – usually when they are 7-10 days, 6 weeks and 3 months old. Your baby may want to eat almost all the time for a day or two. That is normal and it doesn't mean you don't have enough milk.

## My baby is satisfied longer after a formula feeding than she is after breastfeeding.

- Formula is much harder for your baby to digest and absorb, so it sits in her stomach longer. That means she does not eat as soon after a formula feeding as she would after a breastfeeding.

## I've been using formula because I'm afraid I'm not making enough milk. Can that decrease my milk supply?

- Yes. When you feed your baby formula or water or allow your baby to suck on a pacifier for long periods without offering the breast, it can decrease your milk supply.
- To protect your milk supply, avoid using formula, water and pacifiers.

## Baby's Stomach Size



**Day 1 (5-10 mL)**

About the size of a large marble



**Day 3 (22-27 mL)**

About the size of a ping pong ball



**Day 10 (60-81 mL)**

About the size of an egg

## Remember

**the more you breastfeed, the more milk you will make.**

# How do I know if I am making enough MILK?

## Signs that your baby is getting enough milk:

- Your baby has a steady weight gain of 4 – 8 ounces a week.
- Your baby appears satisfied after a feeding; her body relaxes completely.
- Your baby has at least 6 wet diapers and 3 soft yellow stools in 24 hours by her sixth day of life.

## Ideas to Make Breastfeeding Easier

- 1 Breastfeed or pump more often – at least 10 to 12 times a day. The best way to make more milk is to empty the breasts more often.
- 2 Nurse your baby at the earliest signs of hunger –bringing the hands to the face, turning the head to search. Wake your baby to nurse by undressing him and placing him against your bare skin.
- 3 Make sure your baby is positioned well – his mouth should be wide open so that he has a deep latch and his chin should be buried in your breast.
- 4 Let your baby end the feeding by letting go of the breast or falling asleep. Then burp him and offer the other breast. If your baby still seems hungry after the second breast, start with the first breast again.
- 5 Massage your breasts towards the nipple while your baby is nursing.
- 6 Avoid pacifiers, formula and water bottles. All of your baby's sucking should be at your breast.
- 7 Most babies like to nurse more often at one time of the day. Nurse as often as possible during this period.
- 8 Sleep in the same room with your baby.
- 9 Pump after you breastfeed. Even if you don't get any milk you'll be stimulating your body to make more.
- 10 Take your baby with you and nurse anywhere. Arizona law protects your right to breastfeed in public.

## Who can I call for help?

If you have tried some of the tips for making breastfeeding easier and still think you may need help, call your local WIC clinic, hospital lactation specialist or the Phoenix Indian Medical Center Breastfeeding Hotline at 1-877-868-9473.

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