

Breastfeeding...

Building A Supply

Supply and Demand

Breastfeeding is all about supply and demand. The more milk that the baby drinks from the breast, or you pump; the more milk that you will make! Any amount of formula supplementation will cause a decrease in milk production! Follow these guidelines to ensure a good milk supply:

- Feed your baby as soon as they start showing early signs of hunger such as lip smacking, sucking, or rooting.
- Allow your baby to nurse until they are finished. Offer the second breast if the baby still seems hungry.
- If your baby does not nurse on the second breast, offer this breast first at the next feeding.
- AVOID supplementation of any kind.
- AVOID bottles or pacifiers until nursing is well established, usually about one month.

How often do I need to nurse?

- Watch your baby closely for early signs that they are hungry!
- Breastfed babies do not need to follow a schedule, they make their own, but you need to pay close attention to their cues.
- Baby will nurse every 1-3 hours.
- Baby should nurse at least 9-12 times in 24 hours.
- During growth spurts baby will eat more often.

How do I know baby is getting enough?

The most common worry that new moms have is whether or not baby is getting enough milk! Here are some easy ways to tell if baby is getting enough.

- Baby will have at least six wet diapers per day once your milk comes in.
- Baby will have a regular pattern of stooling in the first few weeks.
- Baby will usually seem content after feedings. Their hands will be open and relaxed and they often seem drowsy.
- Baby will gain weight. A lactation consultant can weigh your baby for you!

Need breastfeeding help? Call 715-421-8911 for a lactation consultant.