

Making Milk

is Easy!

10 Steps to make plenty of milk

- 1 Frequent feeds, not formula.**
The more often you feed, the more milk you make. If you give formula, your body will make less milk.
- 2 All you need is breastmilk!**
The American Academy of Pediatrics recommends that your baby have a diet of purely breastmilk for the first 6 months—no other food or drink is needed.
- 3 Feed early and often.**
Feed at the earliest signs of hunger: if baby's awake, sucking on hands, moving his mouth or eyes, or stretching.
- 4 If he didn't swallow, he didn't eat.**
Looking and listening for signs of swallowing will help you know that your baby's getting enough.
- 5 Say 'No' to pacifiers and bottles,**
at least in the first 4 weeks. Pacifiers may hide the signs of hunger. The American Academy of Pediatrics recommends that you should not use a pacifier for the first month if you are breastfeeding. If your baby has problems sucking, check with a lactation specialist about how to feed him without using a bottle.
- 6 Sleep near your baby and nurse lying down.**
You can rest while you feed your baby!
- 7 Have baby's mouth open wide like a shout, with lips flipped out.**
Help your baby open his mouth as wide as possible. He should be directly facing you: "belly to belly, chest to chest, and his chin should touch the breast." Proper positioning keeps you both comfortable. If you're having trouble with latch, get help promptly.
- 8 Watch the baby, not the clock.**
Feed your baby when she's hungry, and switch sides when swallowing slows down or she takes herself off the breast.
- 9 Go everywhere!**
Plan to take your newborn everywhere with you for the first several weeks.
- 10 Don't wait to ask for help, if you need it.**
If you wait too long to get the help you need, it may be harder to breastfeed. Stick with it – it's worth it!



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