

10 STEPS

to Making Plenty of

milk!



- 1 Frequent feedings.** The more often you feed, the more milk you will make. Aim for 8-12 feedings each 24 hours for the first 14 days. If you feed the baby from a bottle (without expressing your breasts at that time) your body will make less milk because it is not aware that the baby ate. Your breasts need the frequent feeding message to ramp up milk production to meet your baby's needs.
- 2 All you need is breastmilk.** Avoid giving baby any other food or drink. The American Academy of Pediatrics recommends that your baby have a diet of only breastmilk for the first 6 months. No other food or drink is needed. If baby needs more milk than they are getting when breastfeeding, pump or hand express your milk. If more milk is still needed, use milk from a donor human milk bank if possible.
- 3 Feed baby when they are hungry.** Use 5 feeding cues to know when to feed a sleepy baby: rapid eye movements under the eyelids, hand-to-mouth movements, sucking movements of mouth and tongue, small sounds, and/or body movements.
- 4 No swallows means no eating.** Minutes on the breast do not mean that baby has fed. Look for signs of swallowing (drawing motion on the areola, deep jaw drop, hearing the swallow ("ca") sound).
- 5 Say no to pacifiers and bottles.** (at least in the first 4 weeks) Giving a pacifier takes the place of the baby sucking at your breast which causes the baby to eat less and then causes your body to make less breastmilk. Bottles can change how baby sucks at the breast and how they expect your breast to flow when breastfeeding.
- 6 Find a comfortable position to breastfeed in.** It is important to find the most comfortable and effective positions for both the breastfeeding parent and the latching baby. Laid back breastfeeding with you semi-reclined and baby tummy down on your body is comfortable and works well. A lactation consultant is a great resource to help to guide you in this area.
- 7 Baby's mouth should open wide.** Like a yawn when latching on. A deep latch is both more comfortable, and moves more breastmilk so that baby eats more. If baby is having trouble latching on, you can find help right away from ZipMilk.org.
- 8 Check those diapers.** By day four baby should have at least: 6 voids (pees) every day and 3 stools (poops) that have turned from black to yellow every day.
- 9 Take care of yourself.** Rest, ask for help around the house, have family and friends run errands, prepare meals, and do laundry.
- 10 Call for help.** Constant fussiness, crying, and/or baby not being satisfied after feedings might mean that baby is not getting enough milk. Don't wait to get help. Breastfeeding is time sensitive, if you wait too long to get the help that you need, it may be harder to get breastfeeding back on track. And remember that although it can be hard in the beginning, it is so worth it! Families often claim that "breastfeeding is both easy and convenient" by 6 weeks, when breastfeeding has been well established.