

Making Enough Milk

One of the most important things a mother can do for her baby is make sure she makes enough milk. The first few days and weeks makes a big impact in the mothers alter milk supply. Here are eight tips to get milk production off to a good start.

1. Have a natural birth, if possible

Women who avoid medications and unnecessary procedures tend to have much better breastfeeding experience.

2. Breastfeed within the first hour after birth

Most newborns are awake for the first hour or two after birth and are ready to snuggle and breastfeed. The sooner the mother starts the sooner she will start making more milk.

3. Breastfeed often (10-12+ times in 24 hours)

Feeding often, especially in the first 3 days, will get her breast to make more milk in future days and weeks. Feeding often will also help keep baby's jaundice from becoming a problem.

4. Stimulate both breasts

Let the baby finish with one before feeding with the other. Do not limit how long the baby feeds at each breast. It is okay if a baby only feeds from one breast at a feeding, just start on the other the next feeding.

5. Exclusively Breastfeed

No other liquids should be given to a newborn (unless ordered by a doctor) this may lead the mothers breast no to make enough milk and lead to early weaning.

6. Avoid pacifiers and artificial nipples

These should not be given until breastfeeding is going well. Sometimes a baby has trouble latching onto the breast once they have been given a pacifier. Which lead to less milk production.

7. Obtain breastfeeding help when needed

Often mothers and babies leave the hospital before breastfeeding is going well. Getting help helps mother feel more confident and prevents early problems.

8. Make sure that the baby's getting milk at each feeding

Some babies may place their moths on the breast and appear to be sucking, but isn't swallowing. The latch and position needs to be evaluated.