

What some moms say:

- I can't get any milk out of my breasts
- my baby seems hungry all the time
- my breasts don't feel as full anymore
- my baby is having shorter feeds
- I don't know how much milk my baby is getting



What is really happening when.....

You can pump or hand express only small amounts of milk

- Pumping or hand expression does not work as well as your baby does at the breast
- the milk you remove by pumping is not a reliable way to measure your supply
- your baby is best at getting milk from your breasts

Your baby is feeding often

- babies have small stomachs and may feed a lot
- eating 8 or more times in a day is normal
- babies have regular growth spurts that will make them more hungry
- babies may eat different amounts at each feeding
- feeding patterns can change from morning to evening and from day to day
- feedings can be increased in the evening, helping baby prepare for longer sleeps at night
- babies may cry or fuss for reasons other than hunger
- always offer your breast first to see if your baby truly is hungry

Your breasts start to feel softer

- in the early days your breasts will make more milk than your baby needs
- as your baby grows, your body adjusts milk production to better meet your baby's needs
- it is normal for your breast to feel less full at this stage
- if your baby continues to grow well, you are making enough milk for your baby

Your baby is having shorter feeds

- it can be normal for older babies to feed for shorter periods of time
- some feeds may be short but others may be longer, this is normal too
- as babies grow and change they get better at removing milk from your breast
- some babies can drink a lot of milk in a very short time

Maintaining a Good Milk Supply

- a good milk supply begins with a good latch and proper positioning
- a good supply depends on frequent milk removal – if it is removed it will be replaced
- watch your baby, not the clock
- watch for signs of swallowing at the breast; it may sound like a soft “kaw” or may be loud gulping; the amount of swallowing at the breast is more important than the time spent at the breast
- let your baby finish one side before starting the other; this will help to build and maintain your milk supply
- feed your baby whenever he seems hungry and enjoy lots of skin to skin time with your baby

How to Know Your Baby is Getting Enough Milk

- your baby is getting enough milk if he is having lots of wet and poopy diapers (see Figure 1)
- babies older than 6 weeks can go many days without a poop yet still be getting enough milk
- take your baby to regular doctor visits to have him weighed, if he is gaining weight well, he is getting enough milk





Baby's Age	1 Day	3 Days	5 Days	7 Days	3 weeks	6 weeks
Tummy Size	 Size of a cherry	 Size of a walnut	 Size of an apricot	 Size of an egg		
Wet diapers	At least 1 wet	At least 3 wet	At least 5 wet	At least 6 wet	6-8 heavy, wet	
Dirty Diapers	1-2 black or dark green	At least 3 brown, green or yellow	At least 3 soft, yellow, seedy			

Figure 1—chart of tummy size and normal output



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