

Tips for Making Plenty of Milk

The same body that *grew* your beautiful baby has the power to *feed* your beautiful baby.

Your baby needs frequent feedings, not formula.

The more often you feed your baby, the more milk you will make. If you replace breastfeedings with formula, your body will make less milk.

All you need is breast milk.

The American Academy of Pediatrics recommends that your baby have a diet of only breast milk for the first six (6) months. No other food or drink is needed to properly nourish your baby.

Feed early and often.

Breastfeed your baby at the earliest signs of hunger. Signs include if the baby is awake, sucking on their hands, moving their mouth or eyes, or stretching.

If your baby didn't swallow, your baby didn't eat.

Looking and listening for signs of swallowing will help you know that your baby is getting enough. Also, monitor your baby's diapers and weight gain.

Avoid bottles and pacifiers at the beginning.

The American Academy of Pediatrics encourages you to avoid pacifiers for the first month of life. After that, you may want to offer one at naptime and/or bedtime. If your baby is having problems latching or sucking, consider scheduling a visit with our lactation consultant.

Learn to nurse your baby while lying down.

Your nurse can teach you how to get comfortable in a side-lying position so that you can rest while breastfeeding.

Have your baby's mouth open wide like a shout with their lips flipped out. If your baby is not opening wide enough, try holding them skin-to-skin for a while, and then try squeezing a few drops of breast milk onto their top lip. Touch your nipple on their lip, and quickly bring their shoulders in when the mouth opens widely.

Go everywhere with your baby.

Plan to take your baby everywhere with you for the first several weeks. Using a baby carrier, wrap, or sling can make it easier for you to complete tasks.

Don't wait to ask for help if you need it.

Our lactation consultants are available by appointment. Please call **715-483-0431** to schedule a time.