

Am I making enough milk?



Your baby will have several growth spurts during their first year of life. Growth spurts are normal and they will grow in both height and weight. Your baby will want to eat more often during growth spurts and may be more fussy. **This doesn't mean you aren't making enough milk.** The first growth spurt usually happens within the first 2 to 3 weeks of life.

Many babies eat more at certain times of the day. Lots of babies do this in the evening. This is normal. Your body will make more milk if you breastfeed more often. You're making enough milk if your baby seems full after they eat and gains enough weight.

Breastfeed as often as your baby wants to eat. Experts call this "feeding on demand." We know it can feel overwhelming if your baby wants to eat all the time. But try not to give your baby formula. Your body doesn't know to make more milk for your baby if you give your baby formula instead of breastfeed. Growth spurts only last a few days and then your baby will seem to eat a normal amount again.

Tips during a growth spurt.

Think about these times as a chance to get to know and enjoy your baby. **Set up a little area or "nest."** Gather plenty of supplies to keep you comfortable, like: snacks, drinks, phone, remote controls, books, and magazines. Have burp cloths, diapers, and anything else your baby might need there too. Try to spend as much time as you can in your "nest" with your baby. Relax and feed your baby as often as they want to eat. Ask for help from friends and family so you can spend extra time with your baby.

Growth spurts happen at different times for each baby, but usually happen at:



What can cause a low milk supply?

- Not breastfeeding enough each day
- A baby who does not latch correctly
- Certain types of medicines or birth control
- Emotional or physical stress
- Smoking
- Problems with your thyroid
- If a baby has a tongue tie:
A tongue tie is a health condition some babies are born with. Too much of the end of their tongue is connected to the bottom of their mouth. This makes it hard for them to attach correctly at the breast and may cause pain when you breastfeed. Ask a doctor or dentist if you're worried your baby may have a tongue tie. It's easy to fix and makes it easier for your baby to eat.

Some women think they can't make enough milk for their baby. But most women **can** make enough milk and don't need to give formula. Every woman's body is different. There are many reasons your body may make more or less milk. There are things you can do—and some things to avoid—so you can make enough milk for your baby.

Are there things I can do to increase my milk supply?

Learn your baby's hunger signs. Feed your baby when they show signs they're hungry.

Try to feed your baby from your breast as much as you can. Don't give your baby a bottle or pacifier (often called a binky)—especially the first month or 30 days.

Make sure your baby latches on to your breast correctly so they empty your breast completely. Call your WIC office if you have pain or need help to get your baby to latch on.

Massage your breast. Gently massage or compress your breast when you breastfeed to help empty more milk. This tells your body to make more milk. You can also pump or hand express after your baby finishes eating—if your breasts don't feel completely empty or you're trying to make more milk.

Skin-to-skin contact with your baby can help you relax. Smell your baby and try to enjoy your time breastfeeding together. The hormones that help your body make breast milk increase when you are relaxed.

Take care of yourself. Eat a balanced diet and drink plenty of water during the day. Take a nap when your baby sleeps. Ask for help from loved ones and friends.

Ask a healthcare provider or WIC breastfeeding expert if you have questions about your milk supply.