

Making Milk – Yes You Can!



Almost any mother who wants to breastfeed will be able to make enough breast milk for her baby. It does not matter what your breast size is, or how big or small your baby is. Your body and your baby will work as a team to make the milk your baby needs.

Making Enough Milk

Your body knows how to make the right amount of milk for your baby. The more your baby eats, the more milk your body will make. When your baby is growing faster and breastfeeds more often, your body makes more milk. When your baby is growing more slowly and breastfeeds less often, your body is still making just the right amount that your baby needs.

The Newborn Tummy



Stomach size on
Day 1



Stomach size on
Day 3

The First Days of Breastfeeding

The first milk your body makes is colostrum, also called concentrated milk. It is thick and yellow. Colostrum is high in nutrients, antibodies, and other ingredients that will keep your baby healthy and protect her from diseases. About 3-5 days after your baby is born, your breasts may become fuller because your body is making more milk for your baby.

Your newborn's stomach is very small. It is about the size of a hazelnut and can hold only one to two teaspoons of this concentrated milk. In the first week, your baby's stomach grows to the size of a walnut and can hold about six to eight teaspoons of milk. As your baby grows, her stomach will grow to about the size of her fist.

In the first few days of her life, your baby may be very sleepy. You should expect to feed your baby 8-12 times in 24 hours. If your baby sleeps longer than four hours, you can wake her. Holding her skin to skin may encourage her to feed. Feed your baby often in the first few days and weeks. This will help you build a good supply of milk.

It is normal for your newborn to lose a small amount of weight during the first few days after birth. You should have your baby's doctor check her weight before she is one week old.

The first milk your body makes is called colostrum... That's the only food your baby needs for the first few days of life. The amount of colostrum your baby needs is teaspoons, perfect for his small stomach.



The First Months

After about 6 weeks, your milk supply will adapt to your baby's needs and your breasts may not feel as full. This does not mean you don't have enough milk to feed your baby. Your body has adjusted to make the amount of breast milk he needs. After he eats, your baby should be happy and spend part of his days awake and alert. If your baby seems unhappy or sleepy most of the time, continue to breastfeed and talk to your baby's doctor.

Older Babies

Moms often worry as their babies grow that they need formula or other food. Breast milk is the only food your baby needs for about six months. Your baby's doctor will regularly check on your baby's growth and development.

Is My Baby Hungry?

Your baby knows when he is hungry or full.

Watch for these signs that your baby is hungry and wants to breastfeed:

HUNGRY

- Turns head toward your breast (rooting)
- Sucks on fingers and fists
- Gets fussy. Don't wait until baby is upset and crying.

Watch for these signs that your baby is full and ready to stop breastfeeding:

FULL

- Decreases sucking, presses lips together
- Turns head or pushes away from the breast
- Falls asleep

COMMON CONCERNS

I have a big baby.

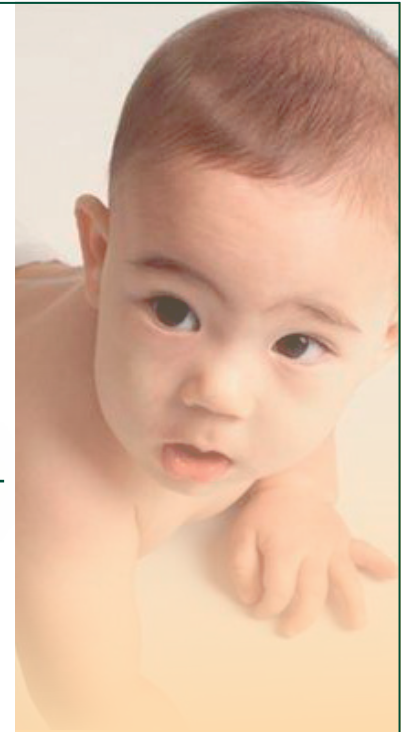
It is not good to give your baby infant cereal before 6 months or to give formula after breastfeeding. This can cause your baby to gain extra weight. Extra weight is not good for your baby.

My baby doesn't sleep through the night.

Your baby's body is not developed enough to sleep through the night. She will need to eat often, even during the night, because her stomach is small. Her body allows her to wake easily in the night so she can eat. As your baby gets older, she will begin to sleep longer hours during the night.

My baby is greedy and wants to eat all the time.

Your baby is born with the signals she needs to eat when she is hungry and to stop eating when she is full. A baby that is eating a lot or seems "greedy" is simply growing and needs more food. Your baby will eat less as her growth slows down.



If you have questions or concerns, please contact:

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