

BREAST MILK

Breast milk provides vitamins, nutrients and helps your baby stay healthy¹. Your body starts making colostrum during pregnancy and continues to change as the baby grows. After your breasts make colostrum, there is a period when your body should start producing larger amounts of milk called transitional milk. Women who are at an unhealthy weight are more likely to have this milk production be delayed until after 72 hours (3 days) post birth.²⁻⁵

TIPS OF THE WEEK

- Breast milk contains nutrients for your baby to be healthy.
- Know that women of an unhealthy weight are more likely to have a delay in milk supply.
- Do not give up! Continuing to breastfeed exclusively is the best way to increase milk production.

Don't get discouraged! The best way to increase milk production is to continue breastfeeding exclusively. There is not usually a need to supplement your baby's feedings. Get lactation

support if you need help determining if you are producing enough milk.

Check out each stage to see how breast milk changes as your baby grows⁶⁻⁸:

COLOSTRUM

- LASTS 0-5 DAYS AFTER BIRTH
- High protein, low fat
- Protects against viruses, bacteria and allergies
- Yellowish, thick
- Feed 10-12 times per day or every 1-2 hours
- Your baby will drink only about 1 tsp. at each feeding for first 2 days

TRANSITIONAL MILK

- COMES AFTER COLOSTRUM: 5-20 DAYS AFTER BIRTH
 - High fat, calories and vitamins
 - Milk increases in volume- your baby will start taking 13-18 tsp. (2-3 oz) at each feeding
- Larger women may find it takes longer for milk supply to increase
- Breast are fuller, heavier and sensitive when milk starts increasing in volume
- Feed 8-12 times per day or every 2-3 hours
- Feedings take about 15-20 minutes on each side

MATURE MILK

- USUALLY STARTS 3 WEEKS AFTER BIRTH: 21+ DAYS
 - Changes during feedings from beginning to end
 - Thinner and more watery than transitional milk
- Feedings will be farther apart and may take less time

MATURE MILK DURING FEEDINGS^{6,7}:

You will know you are making more milk when your breasts are full, heavy and sensitive, usually between days 2 and 5. Breasts can become at least a cup size bigger during this time.

When breastfeeding, you should hear or see your baby swallow after several sucks and have a slow, steady sucking pattern⁹. It's normal for your baby to have times when they want to

BEGINNING OF FEEDINGS

- **Foremilk:** Satisfies your baby's thirst
- Milk is: *diluted*
 - Watery
 - High in milk sugar
 - Low in fat and calories

END OF FEEDINGS

- **Hindmilk:** Helps your baby have a good sleep
- Milk is: *concentrated*
 - Thick & creamy
 - Low in milk sugar
 - High fat, high calories

eat more often. This is called "cluster feeding". Breastfeed at these times even if your baby has just fed.

HERE'S WHAT YOU CAN DO:

- Have a good latch. This is the way your baby takes your nipple and areola (the darker skin around the nipple) into his/her mouth to suckle and feed.
- Try to make sure to feed your baby on demand every time he/she is hungry.
- Let your baby determine how long they want to breastfeed. After they stop feeding on the first side, burp them to clear the gas in their stomachs and then offer your other breast to see if they are still hungry.
- Try not to use pacifiers or bottles the first 4 weeks. Exclusively breastfeeding will ensure that your body continues producing milk¹.
- Avoid giving baby formula, water, or juice because breast milk fulfills all of your baby's needs.
- If you still feel like you are not producing enough milk, talk to your doctor or a lactation consultant about ways to stimulate milk production without introducing formula.
- Check your baby's stools and get your baby weighed at the doctor to make sure they are getting enough milk. Your baby should start gaining weight after day 48.
- Remember – the more you breastfeed, the more milk you will make!

The health care law, (Affordable Care Act) requires most health insurance plans to provide breastfeeding equipment and counseling for pregnant and nursing women. Contact your insurance plan for questions about your breastfeeding benefits.

**IF YOU NEED BREASTFEEDING HELP,
CALL THE HELP LINE: 888-278-6455**



RESOURCES:

WOMEN'S HEALTH - LEARNING TO BREASTFEED

womenshealth.gov/breastfeeding/learning-to-breastfeed/index.html#

LA LECHE LEAGUE –MILK SUPPLY ISSUES

lalecheleague.org/nb/nbmilksupplyissues.html

ITS ONLY NATURAL – BREASTFEEDING GUIDE FOR AFRICAN AMERICAN WOMEN

womenshealth.gov/itsonlynatural

VIDEO: HOW BREAST MILK IS MADE

youtube.com/watch?v=FYAWxWYkX30

APPS:

ILETDOWN IPHONE APP:

appszoom.com/iphone-apps/health_fitness/ilettdown_dhswu.html

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