

## Making and maintaining your milk

Your first milk (colostrum) is thick and golden. Early milk comes in very small amounts – yet is full of nutrients and proteins that boost your baby’s immune system.

Your milk will change over the first 3-5 days into larger amounts of mature milk, which has more water to satisfy your baby’s thirst.

When the amount of milk increases, it is often referred to as your milk “coming in”. This is misleading because your breasts were not empty before this time – they already have milk in them.

**Did you know?**  
Introducing formula can decrease your milk supply.

## Move it or lose it!

- Making a full supply of milk requires frequent removal of milk from your breasts.
- If milk is NOT removed from your breasts, your body is given the message to make less milk.
- You should use breast massage, hand expression and/or pumping to remove milk (and keep making milk) if you are separated from your baby.



### Tonya’s Story

At first, Tonya didn’t want to breastfeed because she had heard it could hurt. But with all the health benefits for her baby and herself, she decided to try. After her baby was born, she did try, and just as she expected, it did hurt her nipples a bit. Her lactation consultant and peer counselor helped to find the source of the pain and make changes to reduce the discomfort. This helped, but then a few days postpartum she felt pain in both breasts. Again, she got help from a skilled support person, and was able to stick with it. In a couple of weeks all the discomforts were gone and never came back. Tonya is still breastfeeding at a year out and is very happy she continued – the discomfort in the beginning was worth it!

## Signs your baby is getting enough milk

- Your baby is deeply attached onto your breast and you are comfortable while feeding.
- Your baby breastfeeds with steady sucking and swallowing.
- Your breasts soften during a feeding
- Your baby is content after a feeding.
- Your baby's pees and poops are consistent with the information given to you at the maternity center.
- Your baby's stools change from greenish-black to pale yellow, soft,

It is common for babies to lose weight in the first week of life. They should regain their birth weight by 10–14 days.

and seedy looking over the first week (when you are exclusively breastfeeding).

- Your baby's weight is normal and healthy, according to a lactation or other healthcare professional.



## Call your baby's provider if:

- Your baby eats less than 8 times in 24 hours.
- Your baby is too sleepy to wake for feeds.
- Feeding your baby is painful.
- Your baby never seems satisfied.
- Feedings last longer than one hour.
- Your breasts are hard, tight, and painful (engorged).
- Your baby has problems attaching onto your breast or staying attached.
- Your baby has not regained his or her birth weight by 2 weeks of age.
- You are not confident your baby is feeding well.

