



Low Milk Supply

Your milk may be delayed and take longer than 3-5 days to come in after your baby is born. Low milk supply can happen any time while nursing your baby; your supply may go down after your milk has come in.

Before you decide your milk supply is low make sure your baby is getting a proper latch.

Signs of a low milk supply:

- Baby is fussy at the breast and not satisfied between feedings.
- Less than six wet and four dirty diapers a day.
- Less milk pumped.
- Baby is not gaining weight, or baby is losing weight.
- Baby not latching/nursing well. Latching reference video can be found at www.drjacknewman.com.

If your supply is low you may try the following:

- See a Lactation Consultant for help with the baby's latch. To find out how much your baby is eating they can be weighed before and after they nurse.
- Pump after every feeding. If your supply is low, your breasts need more stimulation. Pumping for 10-15 minutes after nursing will help increase your supply.
- Certain herbs and medications are known to increase a mother's milk supply. Speak to your lactation consultant and/or physician for more information.
- In the evening when babies often want to be at the breast for long periods, find a comfortable position to nurse in, maybe sidelying. Let the baby nurse, relax.

Sometimes babies need to be supplemented until your milk supply increases:

- It is not always easy to decide if a baby needs supplementation. Sometimes supplementing for a few days gets the baby gaining more rapidly. When more rapid growth is necessary, it may not be possible without supplementation. Formula may be necessary. In some cases slow but steady growth is acceptable. Growth is one sign of good health.
- If it is decided to supplement, the best way is at the breast with a lactation aid. A lactation aid is a device that holds expressed breast milk. It allows baby to receive extra milk while they are nursing at the breast. Why is it better to use the lactation aid?
 - Babies learn to breastfeed by breastfeeding.
 - Mothers learn to breastfeed by breastfeeding.
 - The baby continues to get your milk.
 - The baby won't reject the breast.
 - There is more to breastfeeding than breast milk.

Sometimes supplementation must be done with finger feeding or a bottle if baby is too weak or unable to pull milk/formula through the supplementer at the breast. For more information or to view a video on lactation aids, visit www.drjacknewman.com.

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Low Milk Supply Continued

IF you begin supplementing you need to:

1. Breastfeed first, if baby is able. Nurse 15 minutes on each side (times may be less if baby is very sleepy). Breastfeed every two to three hours, more often if baby shows feeding cues.
2. Pump 15 minutes with double electric pump (hospital grade is best), every three hours.
3. Supplement with a (*please circle one*): lactation aid / bottle
4. Supplement _____ml every _____hours. Follow up with weight checks until baby is gaining adequately.

Additional Instructions from your Lactation Consultant:

Newman, Jack "Protocol to Increase Breastmilk Intake by the Baby", January 2005 <<http://www.drjacknewman.com>>



4199 Gateway Boulevard
Newburgh, IN 47630
Appointments: 812-842-4239
Store Information: 812-842-4525
Fax: 812-842-4649

greatbeginnings@deaconess.com