

## Let's talk about... **Milk Supply**

**Let your baby feed every  
time your baby asks.**

**As your baby takes more milk,  
your breasts will make more  
to meet your baby's needs.**

**If your baby is not taking  
milk often or not feeding  
well, milk making can slow  
and eventually stop.**

- Keep your baby on your chest right after birth.
- Feed your baby often, at least 8 times a day, or more if your baby asks. Learn the signs your baby is hungry and offer your baby the breast every time.
- Some babies feed slowly, some babies feed more quickly. Learn the signs your baby is done feeding instead of watching the clock.
- When you know your baby has finished on the first breast, offer the other breast. Your baby will have the chance to feed more fully, and signal both breasts to keep making milk.
- Sleep near your baby for the first few months to lower the chance of missing a feeding.
- Avoid using a pacifier for the first 4 to 6 weeks of your baby's life. This way you can see the signs your baby is hungry and help support your baby to latch well onto your breast.
- Feed your baby only your breast milk for the first 6 months of life.

How long will my baby want to eat 8 times or more a day?

How can I tell my baby is finished feeding? How can I tell if I am making enough milk for my baby?

What are some of the common risk factors for not making enough milk? Do I have any of those? What can I do about my risk?

If my body hasn't starting making enough breast milk while I am still in the hospital, or my baby starts to have trouble feeding well, what are my options?

What is banked breast milk? When might my baby need it?

What can I do to help increase my milk supply if my baby still needs time to learn to feed well?

Use the space below to write your own questions or notes:

