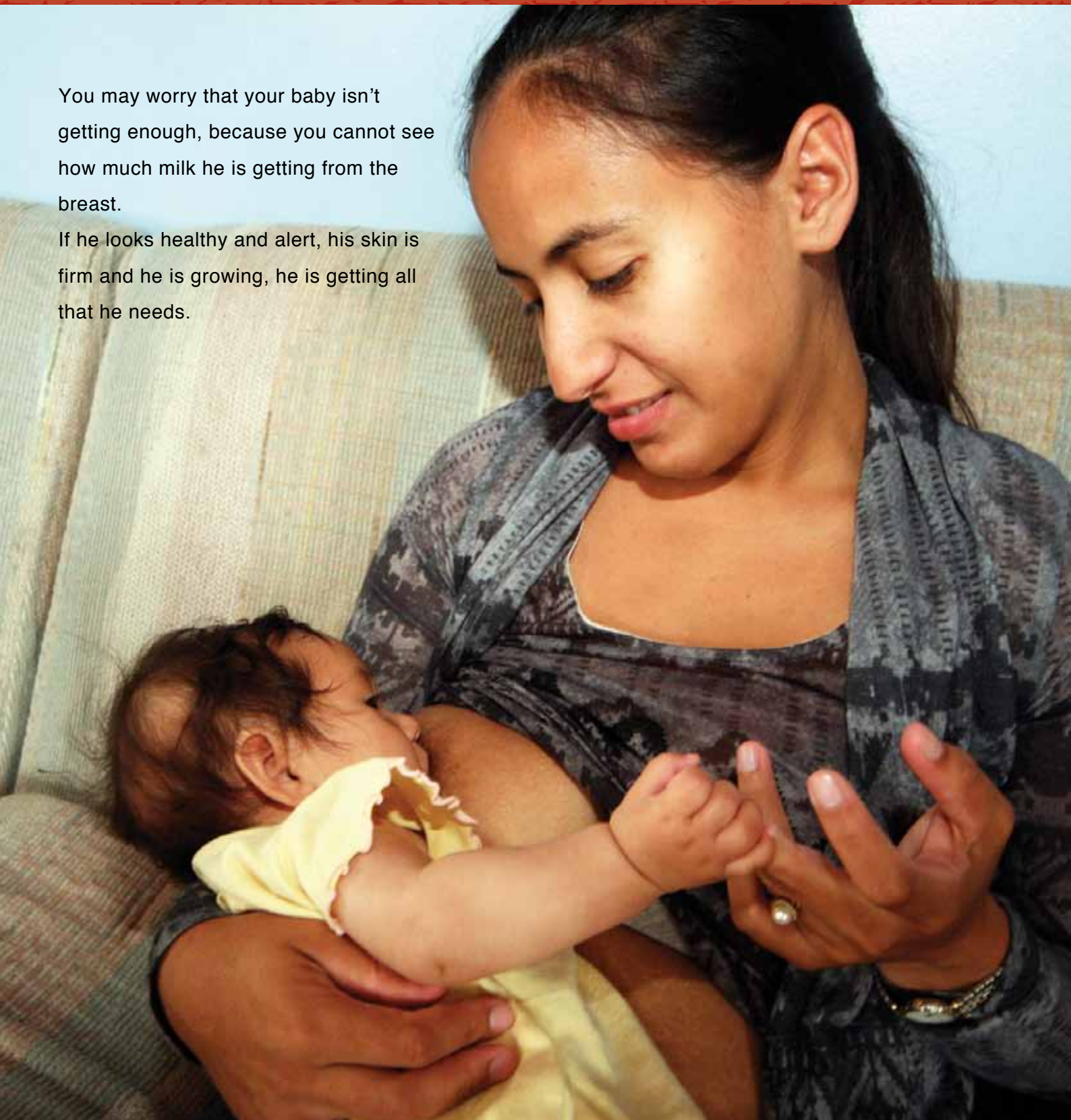


# Milk supply

You may worry that your baby isn't getting enough, because you cannot see how much milk he is getting from the breast.

If he looks healthy and alert, his skin is firm and he is growing, he is getting all that he needs.



# How do I know if my baby is getting enough milk?

To find out how much is going in, check what's coming out.

If he is getting enough milk he will be having this many wet nappies:

Day 1 and 2	1 or 2 wet nappies per day
Day 3 and 4	2 or 3 wet nappies per day
Day 4 on	5 to 6 wet disposable nappies per day, or 6 - 8 wet cloth nappies per day, and at least 3 or more poos per day for the first six weeks.

Your baby may lose some weight in the first three or four days after birth, but he should be back to birth weight when he is 10 to 14 days old.

Every baby is different. Some feed slowly, others feed fast. Some need lots of small feeds, others have fewer big feeds. As long as your baby is putting on weight and looks healthy, there's nothing to worry about.

It doesn't matter whether you have big or small breasts, because the more times he sucks at your breasts, the more milk your breasts will make.

Practice makes perfect. You're getting to know your new baby, and he is getting to know you. It can take time before breastfeeding feels like the most natural thing in the world.





# What do I do if my baby is not putting on weight?

## The first things to do

Feed more often. The more you breastfeed the more milk you will make.

Offer both breasts at each feeding:

- Feed until the first breast feels empty, then offer the second breast until your baby has had enough.
- On the next feed start on the other breast.
- Don't worry if your breasts feel uneven.

A sleepy baby may need to be woken to breastfeed more often.

Check that your baby is properly positioned, and attached to your breast well.

Be sure your baby is getting milk when he is sucking. You should be able to hear him swallowing.

Try gently squeezing your breast to increase the flow of milk while your baby is sucking.

Avoid giving your baby a dummy to suck on.

Talk to your breastfeeding helper. They will help you find out why that is happening.



# What's normal



- Your breasts may suddenly appear to be soft, or have stopped leaking between feedings.  
*That's normal. All it means is that your breasts are making just the right amount of milk for your baby.*
- Your baby seems fussy.  
*This may not have anything to do with him getting enough to eat. He may just need to be close to you.*
- Your baby wants to feed more often.  
*Your baby may be having a growth spurt. 'Growth spurts' can happen when a baby is two to three weeks old, six weeks old, and again at three months. The more milk he takes from your breast, the more milk you will make.*

- Your baby takes less time to feed.  
*As babies get older they become better at sucking milk from your breast. It is a sign that breastfeeding is going well.*

Help is only a phone call away:



[www.breastfeeding.org.nz](http://www.breastfeeding.org.nz)