

### FACT #1

Many mothers worry about their milk supply. The fact is, most women are able to produce more than enough milk for their babies.

## SOME OF THE MANY BENEFITS OF BREASTFEEDING.



### MYTH #1

I may not have enough milk for my baby.

### FACT #2

Both small and large breasted women produce equal amounts of milk because breast size is determined by fat cells, not milk ducts.

#### Benefits to the Mother

- Faster weight loss
- Reduces postpartum hemorrhage
- Decreases rate of breast and ovarian cancer
- Decreases osteoporosis
- Increases bond with baby

### MYTH #2

My breasts are too small to produce enough milk for my baby.

### FACT #3

Drinking milk does not affect milk supply. Breastfeeding mothers should drink fluids to quench their thirst.

#### Benefits to the Baby

- Fewer allergies, asthma & eczema
- Fewer infections & hospitalizations
- Breastmilk is easier to digest
- Aids in mouth & speech development.
- Higher I.Q.
- Develops special bond & security

### MYTH #3

I need to drink milk in order to make milk.



**Other factors that may decrease milk supply:** contraceptive pills, diuretics, alcohol, smoking, retained placenta, illness in the baby.  
**Many mothers can increase their milk supply by addressing these factors.**

#### Other Benefits

- Saves money
- Better for the environment
- Less work, saves time
- Always the right temperature
- Perfect for the baby's needs

## HELPING NURSING MOTHERS LEARN ABOUT THEIR MILK SUPPLY

**Common factors that may decrease milk supply:** delayed start, infrequent feeds, no night feeds, short feeds, bottles, pacifiers, formula feeding, lack of confidence, stress, fatigue, and poor latch.

## How do I ensure I have enough milk for my baby?



- Breastfeed within 30 minutes after giving birth.

- Your baby's stomach is the size of a chick-pea at birth, so your first milk is all your baby needs to feel full.

- For the first few days offer both breasts at each feed to tell your brain to produce enough milk.

- After a few days let your baby drain one breast (15 to 30 min.) before offering your other breast.

- Feed your baby on demand, at least 8-12 times a day.

- Start pumping if your baby has not effectively latched within 12 hours of birth.

- The more often and effectively your baby nurses, the more milk you will have.

- In order for your brain to get the message to produce milk, your baby needs to have a deep latch on your breast tissue (not the nipple).

- Do not give the baby any bottles, pacifiers or formula.

- Domperidone, a medication; and Fenugreek, a herb, may increase milk supply - talk to your doctor.

- Visit a lactation consultant or community health nurse to help you.

- Join a breastfeeding support group at your community health centre or La Leche League.

- **Have the confidence that you can breastfeed your baby.**

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



- The baby is latched deep on the areola, angle of mouth 180 degrees, lips turn outward.

- You can hear the baby swallowing.

- You can see a wiggle at the bottom of the baby's ears, by his temple.

- Baby wanting to feed more than usual is not necessarily a sign of not getting enough milk.

- Your baby has at least 5-6 wet disposable diapers per day after about 4-5 days (6-8 cloth diapers).

- 3-4 Dirty diapers per day in the first 6 weeks.

- Baby regains birthweight by 2 weeks. It is normal for the baby to lose weight in the first 4 days.

- Baby is gaining weight: about 170 grams or 6 oz. a week, for first three months.



## How does formula feeding reduce my milk supply?

Your breasts are not being stimulated and drained, so you produce less milk.

Many babies experience nipple and flow confusion and have trouble feeding on the breast after being introduced to bottles.

Research has shown that the introduction of bottle feeding reduces the duration of breastfeeding.

Formula takes longer to digest so your baby will be less interested in breastfeeding at the next feed.