

Making Milk

is Easy!

Love to
GROW

10 Steps to Make Plenty of Milk

1 **Frequent feeds, not formula.**

The more often you feed, the more milk you make. If you give formula, your baby will feel too full to nurse frequently.

2 **All you need is breastmilk!**

The American Academy of Pediatrics recommends that your baby have a diet of only breastmilk for the first 6 months – no other food or drink is needed.

3 **Feed early and often.**

Feed at the earliest signs of hunger; if baby is awake, sucking on hands, moving his or her mouth or eyes, or stretching.

4 **If he didn't swallow, he didn't eat.**

Listening for the sound of swallowing will help you know if your baby is getting enough.

5 **Say "No" to pacifiers and bottles.**

If pacifiers and bottles are used when your baby is hungry, you may not be nursing often enough to make plenty of milk.

6 **Sleep near your baby and nurse lying down.**

You can rest while you feed your baby!

7 **Have baby's mouth open wide like a shout, with lips flipped out.**

The tip of your nipple should be in the back of his or her throat. They should be directly facing you, chest to chest, chin-to-breast. Proper positioning prevents sore nipples.

8 **Watch the baby, not the clock.**

Feed your baby when he or she is hungry and switch sides when swallowing slows down or they take themselves off the breast.

9 **Go everywhere!**

Plan to take your newborn everywhere with you for the first several weeks.

10 **Don't wait to ask for help, WIC is here.**

Contact your local peer counselor for guidance and support. Stick with it – it's worth it!



This institution is an equal opportunity provider.