



# My breasts feel too full. Do I have too much milk?



When your baby is 2 to 5 days old, your milk supply will increase and your breasts will feel heavier. Nurse your baby often to keep your breasts from becoming too full.

If your breasts get too full, take a short, warm shower or put a warm, wet towel over your breasts and nipples for a minute or two and hand express a little milk before each feeding. Gently massage your breasts toward your nipples while your baby is breastfeeding. Cold packs can be used for up to 20 minutes between feedings if the fullness becomes uncomfortable.

If your breasts become so full that you have trouble hand expressing, try the softening method found at: [www.breastmilkcounts.com/too-much-milk.php](http://www.breastmilkcounts.com/too-much-milk.php)



## Do I have too little milk?

Many babies will nurse very often at one time of the day. Many babies do this in the evening. This is normal. The more often you nurse your baby, the more milk you will make. Breastfeed often and do not give your baby formula. Exclusive breastfeeding for the first few weeks is very important for building a good milk supply.

Sometime between your baby's first and third week of life, he may want to nurse more often. About this same time your breasts will naturally soften and feel less full. This does not mean you don't have enough milk. It means your baby is having his first growth spurt and your milk supply is changing to meet your baby's needs.

Try not to give your baby formula. Instead, set up a little area or "nest" by gathering plenty of supplies around you such as snacks, drinks, phone, remote controls, books, and magazines. Try to spend as much time as you can in your "nest" with your baby so you can get to know and enjoy your baby. Relax and nurse as often as your baby wants.

### **Growth spurts usually happen around these times.**

- 1 to 3 weeks of age
- 6 weeks of age
- 3 months of age

