

Milk Supply

Weight gain is the best way to tell if your baby is getting enough to eat. Tracking how many poopy diapers your baby has can also be helpful.

Common Concerns

- Fussy baby
- Changes in breast size
- Baby is nursing more frequently

Causes of Low Milk Supply

- Supplementing baby with formula
- Not breastfeeding shortly after birth
- Baby not latched on well
- Sleepy baby
- Scheduled feedings
- Medications/birth control pills

How to Increase Milk Supply

- Breastfeed more, supplement less
- Breastfeed on demand, usually every 1-3 hours
- Increase skin-to-skin contact
- Pump or hand express milk if a feeding is missed

The best time to feed babies is when they are starting to wake up. Don't wait until your baby is fussing or crying. That makes it harder to breastfeed.

Early Signs of Hunger

- Eye movements under eyelids
- Sucking motions while sleeping
- Restless body movements while sleeping
- Bringing hands toward mouth

Contact your WIC Peer Counselor, IBCLC, or Registered Dietitian for concerns or questions about milk supply.



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