

Milk Supply



Many mothers worry about making enough milk to feed their babies. Weight gain and diaper output are the best ways to tell if your baby is getting enough to eat.

Causes of Low Milk Supply

- Infrequent removal of milk from the breast
- Supplementing baby with formula
- Not breastfeeding shortly after birth
- Baby not latched well
- Sleepy baby
- Scheduled feedings
- Medications/birth control pills

How to Increase Milk Supply

- Breastfeed more—the more milk you remove from the breast, the more your body will produce
- Breastfeed on demand, usually every 1-3 hours
- Increase skin-to-skin contact
- Pump or hand express if a feeding is missed

Early Signs of Hunger

- Eye movements under eyelids
- Sucking motions while sleeping
- Restless body movements while sleeping
- Bringing hands toward mouth
- Rooting—looking from side to side

The best time to feed babies is when they are showing these early signs of hunger. Waiting until they are fussing or crying can make it harder to breastfeed.

Visit www.womenshealth.gov/breastfeeding for more information.

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

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THIS.

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