

# Making (and Keeping) Enough Breastmilk



The more often your baby eats, the more breastmilk you will produce. Breastfeeding early and often helps ensure a good milk supply. If your breasts are not drained frequently, your milk supply will drop. Early formula feeding, even small amounts, can reduce your breastmilk supply.

## Empty your breasts frequently and completely to maintain a good milk supply!

- + Breastfeed your baby as soon as possible after birth.
- + For your best milk supply, empty your breasts eight or more times per day.
- + Feed your baby often, even if you do not see or feel milk in your breasts.
- + Feeding fewer than eight times per day can lower your supply.

## If you and your baby are separated:

- + Express milk by hand or pump as soon as possible:
  - This provides colostrum (first milk) to the baby.
  - This stimulates your milk supply.
- + Save every drop to give to the baby.
- + Express milk often – at least eight times in 24 hours, including at night:
  - Massage your breasts.
  - Use hand expression.
  - Use an electric breast pump.

These tips are also helpful when you and your baby are having trouble with breastfeeding.

## A frequent concern is: My breasts feel empty. Do I have any milk?

Breasts will typically feel soft for the first few days after birth. It will take a few days before your breasts feel full.

Breasts begin producing a special milk called colostrum during pregnancy. The colostrum you make in the first few days after birth is the perfect amount for your baby's small stomach. Colostrum has all the calories, vitamins, immune factors and water your baby needs.



### Did you know?

Breastfeeding or manual expression AND pumping stimulates milk-making hormones that build your supply of breastmilk.

**Questions? Ask a lactation consultant for free!**

Call 912-466-3184

In the hospital: Ask your nurse to page the lactation consultant.



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