Is there enough milk
Breastfeeding mothers often question if their baby is getting enough milk.

Signs your baby is getting enough milk:
• 5 to 6 wet diapers per day by the end of the first week.
• 3 to 4 dirty diapers per day and becoming yellow and seedy by around day 4.
• Gaining right amount of weight (may be 4 to 7 ounces per week).

It is normal for babies to lose weight the first week, but your baby should begin gaining after that. Your baby’s doctor can guide you.

Tips to make more milk
If you are still concerned, these tips may increase your milk supply:
• Nurse 8 to 12 times in 24 hours.
• If baby not nursing well, hand express or pump every 2 to 3 hours and at least one time during the night.
• If baby is nursing well, hand express for 5 to 10 minutes after each feeding session and feed baby your expressed milk.
• Avoid pacifiers or supplements during the first 2 to 3 weeks.
• Drink plenty of fluids and eat a healthy diet.
• Hand express or pump in between feedings or after feedings for more stimulation.
• Feed your baby until he or she releases the breast and has a relaxed position.

Things that may limit supply
These factors can affect milk your supply:
• Stress
• Giving the baby formula also when it is not needed
• Not feeding the baby often enough
• Baby has a poor latch
• Pump equipment not fitted correctly
• Mom not drinking enough fluids
• Some medicines, such as decongestants and birth control

**Call for support**

If you are still having concerns with your milk supply, call your lactation consultant for help.