

Is My Baby Getting Enough Milk?

Most parents worry at some point whether their breastfed baby is getting enough milk. These concerns may arise with the changes in the baby's behaviour and the time or frequency of feedings, or the mother's breasts feel softer than in the first weeks.

There are reliable signs to indicate your baby is getting enough milk: he grows and pees and poops frequently.

Signs of getting enough milk

- The baby is feeding on demand at least 8 to 12 times per 24-hour period.
- A newborn baby wets as many nappies as is his age in days. From the age of four days, he will wet at least 5 nappies per 24-hour period.
- The first dark meconium is passed within two days of birth and the stools change colour into light yellow within 3 to 4 days.
- During the first weeks, the baby will poop daily – older babies can go longer periods of time without bowel movements.
- A newborn should not lose more than 10% of their birth weight and should start gaining weight on day four.
- Babies under six months gain about 150g per week.
- Baby sucks efficiently and swallows milk.

Seek help if you notice any alarming signs: the baby is sleepy or sucks weakly at the breast,



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breastfeeding hurts, he's not wetting enough nappies or the baby feels very unsettled.

More Milk!

If the baby is not getting enough milk, the first thing to do is to increase your milk supply. Effective ways for increasing milk supply are adding more feedings to the day, and switching the baby frequently from one breast to another during a feeding. Switching breasts helps the baby to fill his stomach and at the same time sends a signal to the mother's body to start producing more. 💧

How to increase your milk supply

- Spend more time skin-to-skin, cuddle and sleep with your baby.
- Breastfeed your baby at least 10 to 12 times a day. If you struggle to add feedings into your day, try feeding at night or feed when the baby is sleepy.
- Switch breasts during a feeding. Switch breasts when the baby starts swallowing infrequently or gets sleepy.
- You can increase the milk flow into your baby's mouth by compressing your breast when the baby eats.
- Pump after feedings or when the baby sleeps.
- Forget about pacifiers – let the baby suck your breast instead.
- Don't worry about your breasts feeling empty. More milk out equals more milk produced – supply and demand. The breast is never empty.
- Be patient and trust in your body. The milk supply will increase within a few days.