

Making Milk for Your Baby

BIRTH TO DAY 4—Keep Baby Close, Feed Often

FUN FACTS

- A newborn's stomach is as small as a shooter marble. At birth, you have just the right amount of milk to fill it.
- Your breasts are never empty.
- When breastfeeding well, newborns usually do better without water or formula.
- Lots of breastfeeding brings in more milk faster.
- Lots of breastfeeding helps prevent engorged breasts.
- Most mothers can make enough milk for twins, triplets, and more.
- Keep your baby on your body skin-to-skin for easier feedings and more milk.

WHAT TO EXPECT

- Lots of breastfeeding.
- Your nipple may feel tender for the first minute or two then feel better.
- If your baby fusses, offer each breast more than once.
- Expect 1-2 wet diapers each day and black stools.
- Many newborns lose up to 10% of birth weight by Day 4.

THINGS TO LEARN

- Practice leaning back to breastfeed with baby tummy down on your body, so you can feed and rest.
- For greater comfort, help baby take the breast deep in her mouth. If it hurts, ask for help.
- Make sure your baby feeds at least 8 times a day. Feedings may be bunched together. If needed, guide baby to breast while drowsy and in a light sleep.
- Ask where you can get breastfeeding help if needed.

DAY 4 TO WEEK 6—Setting Your Milk Production

FUN FACTS

- A baby's stomach stretches to the size of a chicken egg by Day 10.

You know how much your milk matters to your baby. Many mothers wonder how milk production works. Here are the basics from birth to 6 months.



- Most babies feed 8-12 times a day but not at set times. They may bunch feedings close together for part of the day or night.
- Babies may take one breast at a feeding, or they may need to feed from both breasts. Let your baby decide.
- More breastfeeding makes more milk.
- Most mothers start to make much more milk starting on Day 3 or 4
- Drained breasts make milk faster. Full breasts make milk slower.
- Breastfeed only. Avoid pacifier. *OVERUSE.*
- Your milk production grows from about 1 ounce (30 mL) to about 30 ounces (900 mL) between Days 1 and 40.

WHAT TO EXPECT

- If your breasts feel very full, breastfeed more or express milk. This will make you feel better, not worse.
- By Day 3-5, baby's black stools turn first green then yellow. After that, expect 3-4 or more yellow stools the size of a U.S. quarter (2.5 cm) or larger every day.
- Expect 5-6 or more wet diapers a day by Day 5.

- Your baby should be back to birth weight by 2 weeks.
- Your baby may want to feed again soon after breastfeeding. This is normal now.
- Most babies sleep for one 4-5 hour stretch each day. It may not be at night.

THINGS TO LEARN

- Breastfeed whenever your baby wants to. You'll know it's time when your baby turns her head from side to side with an open mouth or when she puts her hand to her mouth.
- Don't wait until your baby fusses or cries. When upset, it's harder to feed well.
- Use a position that feels good for you and your baby.
- If breastfeeding hurts, get help. A small change in how your baby takes the breast may be all you need to feel better.
- Find a mothers group near you. Spend time with other breastfeeding mothers.

SEEK BREASTFEEDING HELP WHEN:

- * Breastfeeding hurts
- * Baby loses more than 10% of birth weight or after Day 4 gains weight too slowly.

6 WEEKS TO 6 MONTHS, Breastfeeding Gets Faster

FUN FACTS

- Your baby's stomach is larger and holds more milk. She may feed less often.
- Most mothers no longer feel full, even with lots of milk.
- Babies need about as much milk per day at 6 weeks as 6 months.
- Now breastfeeding starts to take less time than bottle-feeding.
- When breastfeeding well, a baby does best on mother's milk alone until about 6 months.

WHAT TO EXPECT

- Older babies are faster feeders. The baby who used to feed 40 minutes may now be done in 10-15 minutes.
- Some babies this age have fewer stools but gain weight just fine.
- Older babies may pull off the breast when they hear or see things around them.

THINGS TO LEARN

- Trust your baby to know the right time to feed.
- Practice breastfeeding when away from home until you feel at ease.

Even when breastfeeding is going well, you may experience some of the following:

- Your baby has fussy times. (Most babies do.)
- She wants to feed again soon after breastfeeding. (Most babies do.)
- She wants to feed more often. (This adjusts your milk production.)
- Your breasts no longer feel full. (Usually at around 3-4 weeks.)
- She wants to feed less often or for a shorter time. (Babies get faster with practice.)
- She wakes a lot at night. (Babies need to do this to get enough milk.)
- She will take a bottle after breastfeeding. (Babies like to suck.)
- You can't express much milk. (This skill takes practice.)

Your Milk Is Abundant When Baby Gains Weight Well On Breastfeeding Alone

Baby's Age	Average Weight Gain Per Week	Average Weight Gain Per Month
Birth to Day 4	≤ 7-10%	n/a
Day 4 to 4 months	+ 7-8 oz. (200-222 g)	1.75-2.0 lbs. (0.79-.88 kg)
4-6 months	+ 4-5 oz. (100-122 g)	1-1.25 lb. (0.4-0.45 kg)
6-12 months	+ 2-3 oz. (58-85 g)	0.5-0.75 lb. (0.23-0.34 kg)

Visit ameda.com to learn more about making milk for your baby after 6 months.

This is general information and does not replace the advice of your healthcare provider. If you have a problem you cannot solve quickly, seek help right away.

Every baby is different, if in doubt, contact your physician or other healthcare provider.

Storing and Handling Mother's Milk

QUESTION: What do I need to know about storing my milk?

ANSWER: In addition to the milk storage times (see chart below), it also helps to know these points:

- Glass or hard plastic containers can be used.
- Milk freezer bags are also an option.
- Avoid thin bottle liners. These are meant to be used as feeding bags, but not for freezing milk. They can split when frozen.
- Store your milk in the smallest amount your baby might take. When your baby takes a bottle, her saliva mixes with the milk. You can always add milk to it, but don't save leftover milk after it's been fed.
- Write the date and time on your milk container with a sticky label or non-toxic marker. Add your baby's name if she is in daycare or in the hospital.
- You can combine milk pumped at different times. When combining milk from different days, write the date of the oldest milk on the container.
- If you plan to use your milk within 8 days, you can keep it in the fridge. Otherwise, plan to freeze it in the coldest part of the freezer. Avoid storing in the door.
- If you follow the times on the chart below, you can keep your milk at room temperature, then refrigerate it, and then freeze it.

You know how much your milk matters to your baby. That's why you make the time to pump and store your milk.



- You can add fresh milk to cooled milk. And you can add fresh milk to frozen milk if it's cooled first and there is less fresh than the amount frozen.
- Before freezing large amounts of milk. Freeze a batch or two, then thaw and smell it. Some mothers make milk high in lipase, an enzyme that digests fat. When thawed, the frozen milk of these moms has a strong, soapy smell. If this happens and the baby refuses this milk, deactivate the lipase before freezing it by scalding the milk first. (To scald your milk, heat it in a pot on the range until bubbles form at the edges, then cool and freeze.)

Storage Time for Human Milk*	Deep Freeze	Refrigerator Freezer	Refrigerator	Room Temperature	
	(0°F) (-18°C)	(variable 0°F) (variable -18°C)	(39°F) (4°C)	(66°F-72°F) (19°C-22°C)	(73°-79°F) (23°C-26°C)
Fresh	12 Months	3-4 Months	8 Days	6-10 Hours	4 Hours
Thawed in Refrigerator, Not Warmed	Do Not Refreeze	Do Not Refreeze	24 Hours	4 Hours	4 Hours

*Storage times may vary for preterm or sick babies. Sources: Jones, F. and M.R. Tully, Best Practice for Expressing, Storing and Handling Human Milk in Hospitals, Homes and Child Care Settings. Raleigh, NC: Human Milk Banking Association of North America, 2006; Mohrbacher, N. Breastfeeding Answers Made Simple: A Guide for Helping Mothers. Amarillo, TX: Hale Publishing, 2010.

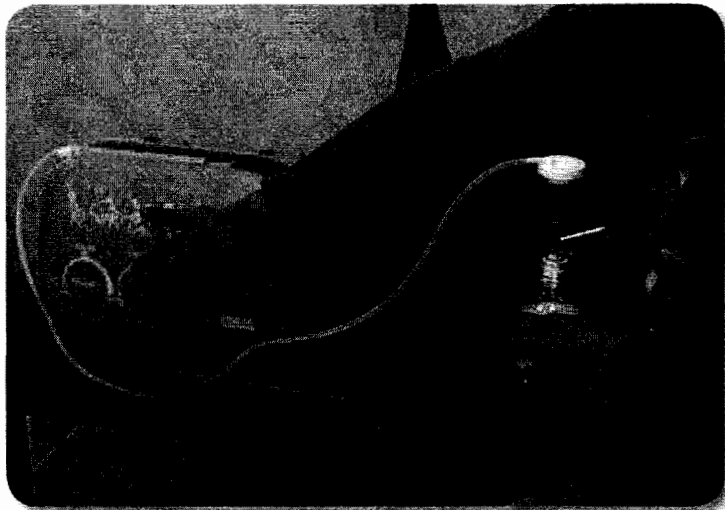


"Cold milk can bring down your newborn's body temperature."

QUESTION: Why do some milk storage guidelines differ?

ANSWER: Why can't the experts agree? First, research confirms that your milk will not spoil before the times in the table on the other side. But the longer your milk is stored, the more vitamins and antioxidants are lost. That's why some breastfeeding books list shorter storage times. Those experts prefer you to use your milk sooner rather than later. But this doesn't mean that your milk will spoil if you wait longer.

It's never a bad idea to give your milk as soon as you can after pumping. But what should you do if you find some stored milk in the back of the fridge that has been there for up to eight days? When in doubt about the freshness of your milk, smell or taste it. Spoiled milk will usually smell spoiled.



QUESTION: Why do I need to warm my milk before feeding it to my baby?

ANSWER: An older, larger baby can handle drinking chilled milk. But milk needs to be warm for a tiny baby. If a newborn is fed cold milk, it can bring down his body temperature. For a younger baby, warm your milk to between room and body temperature.

QUESTION: What should I know about warming and thawing my milk?

HERE ARE SOME POINTERS:

- Whether warming chilled milk or thawing frozen milk, keep the heat low. High heat kills the live cells in your milk that help keep your baby healthy.
- Warm your milk to between room and body temperature under cool then warm running water. Keep warm water away from the bottle lid so that it doesn't mix with the milk.
- One way to do this is to put a bottle in a bowl with the sides lower than the bottle's lid. Run warm water in the bowl. The warm water against the sides of the bottle warms the milk.
- You can thaw frozen milk in the refrigerator.
- Your milk is not "homogenized" like the milk in the store. So it may separate into layers. If this happens, just gently swirl it to mix.

HERE ARE SOME "DON'TS" TO KEEP IN MIND:

- Don't warm milk in the microwave. It changes the milk and causes hot spots that can burn your baby's mouth and throat.
- Don't heat the milk in a pot on the stove. High heat can make the milk too hot for your baby, and it destroys the antibodies your baby needs.

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