

# Making Milk

## 10 Steps to make plenty of milk

### 1 Frequent feeds, not formula.

The more often you feed, the more milk you make. If you give formula, your body will make less milk.

### 2 All you need is breastmilk!

The American Academy of Pediatrics recommends that your baby have a diet of only breastmilk for the first 6 months—no other food or drink is needed.

### 3 Feed early and often.

Feed at the earliest signs of hunger: if baby's awake, sucking on hands, moving his mouth or eyes, or stretching.

### 4 If he didn't swallow, he didn't eat.

Looking and listening for signs of swallowing will help you know that your baby's getting enough.

### 5 Say 'No' to pacifiers and bottles,

at least in the first 4 weeks. Pacifiers may hide the signs of hunger. The American Academy of Pediatrics recommends that you should not use a pacifier for the first month if you are breastfeeding. If your baby has problems sucking, check with a lactation specialist about how to feed him without using a bottle.

### 6 Sleep near your baby and nurse lying down.

You can rest while you feed your baby!

### 7 Have baby's mouth open wide like a shout, with lips flipped out.

Help your baby open his mouth as wide as possible. He should be directly facing you: "belly to belly, chest to chest, and his chin should touch the breast." Proper positioning keeps you both comfortable. If you're having trouble with latch, get help promptly.

### 8 Watch the baby, not the clock.

Feed your baby when she's hungry, and switch sides when swallowing slows down or she takes herself off the breast.

### 9 Go everywhere!

Plan to take your newborn everywhere with you for the first several weeks.

### 10 Don't wait to ask for help, if you need it.

If you wait too long to get the help you need, it may be harder to breastfeed. Stick with it – it's worth it!



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