



SimpliFed

Supply/Milk Production Care Plan

How Supply Works

Your breastmilk production relies on demand. The more milk you remove, the more milk your body will create. However, if you go **longer than 3 hours** between milk being removed, your body will slow down milk production because it thinks that you/your baby does not need as much.

It can be easy to doubt your supply as we can't measure exactly how much your baby is getting at the breast. Some things to keep in mind to ensure your baby is getting enough:

Weight

Initial weight loss (under 7% of birth weight) in the first few days is common. If it exceeds this, your provider and care team will help to develop a plan to continue to support you and your baby. **Continued weight gain is a good sign!**

Growth

Baby growing **longer** and their head **larger** is a good sign!

Frequency

Baby is eating at least **8x/day**.

Diapers

Day 1 1 wet, 1 dirty

Day 2 2 wet, 2 dirty

Day 3 3 wet, 3 dirty

Day 4 4 wet, 3 dirty

Day 5 5 wet, 3 dirty

Day 6 6 wet, 3 dirty

Feeding to Increase Supply

Until our next visit, continue to focus on your milk supply/production.



Frequency

Attempt to breastfeed every time your baby is hungry. Watch for early hunger cues to begin the next feeding.

- Your baby should be nursing roughly every 2-3 hours- if not more often, during the day time hours.
- At night, your baby will likely be wanting to eat every 3 hours. Stay on routine with them to support your milk production.



Soothing

Try to get into the habit of offering your breast any time your baby needs soothing. As long as it is not too burdensome to you, it is ok to function as the "pacifier."



Skin to Skin

Holding your baby on your exposed chest, while your baby is as naked as possible (ideally in just a diaper). This helps to:

- Regulate body temperature
- Regulate heart rate
- Promote lactation hormones
- Encourage your baby to latch on independently

Pumping in Addition to Breastfeeding

If advised by your provider, you can pump after feeding at the breast.
How long you pump depends on whether you gave a supplement.

No supplement given

Pump for 10 minutes after the feeding while using hands on pumping.

Don't be discouraged if you don't get much! This is your way of telling your body to make more even though your baby has fed.

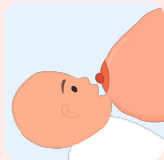
Supplement given

Pump for 20 minutes after a direct feeding. This tells your body that your baby needs more milk than it provides. Be sure to use hands on pumping.

Follow the [Pumping Care Plan](#) for additional pump instructions.



Tips to Support Milk Production



Hands on breastfeeding

Contributes additional stimulation to keep milk flowing and completely drains the breast.

- When baby starts to suckle at the breast, start compression
- Place your thumb on one side of the breast and your other 4 fingers on the opposite side, away from the areola.
- Squeeze gently; pressure should be firm but not painful!
- Don't compress when baby is not sucking at all



Alternate

Offer both breasts at each feeding. Increased and equal demand will assist with milk production. If your baby is still acting hungry, you can offer the first breast again and cycle back through!



Milk Shake

It sounds silly, but shake your breasts before a feed! This helps to release some of the fat globules in your milk ducts into the milk that is being expressed.

Additional Resources



[Supply, Let's Talk About It](#)



[Breastfeeding in the First Week](#)



[Increasing Milk Supply](#)



[Cluster Feeding](#)