



# Tips to PRODUCE PLENTY OF MILK

## 1 LEARN HOW TO CREATE A GOOD LATCH

“Latch” is the way your baby’s mouth will connect to your breast or chest when they drink your milk. When your baby is “latched on” correctly, breast or chestfeeding will be comfortable, and your baby will be in a better position to get as much milk as they need.

\* WIC staff can show you how to create a good latch. If needed, your healthcare provider or WIC clinic can connect you with a lactation consultant.

## 2 LOOK AND LISTEN FOR SWALLOWING

Make sure you can hear or see your baby swallowing when they are breast or chestfeeding. Some babies swallow so quietly that a pause in their breathing may be their only sign of swallowing.

## 3 PAY ATTENTION TO HUNGER CUES

Feed your baby as soon as they start showing you hunger cues.

WHEN YOUR BABY IS HUNGRY, THEY MAY:

- >> Move their head, looking for something to suck on
- >> Pull their hands and knees up toward their face
- >> Make sucking noises and trying to suck on anything they can find

## 4 FEED YOUR BABY OFTEN

The more your baby feeds, the more milk your body will make!





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## 5 ONLY OFFER YOUR BABY YOUR MILK

If your baby is given formula, they will breast or chestfeed less often. This will tell your body to make less milk.

## 6 PAY ATTENTION TO FULLNESS CUES

Let your baby decide when they are finished eating.

WHEN YOUR BABY IS FULL,  
THEY MAY:

- >> Relax their muscles
- >> Slow down in their eating
- >> Let their hands fall away from their face
- >> Fall asleep



## 7 EXPRESS MILK

You can also express milk to increase your milk supply. This can be done with your hand or with a pump after you feed your baby. Speak with WIC staff before using a pump to see if it is a good idea for you.

### CONCERNED ABOUT YOUR MILK SUPPLY?

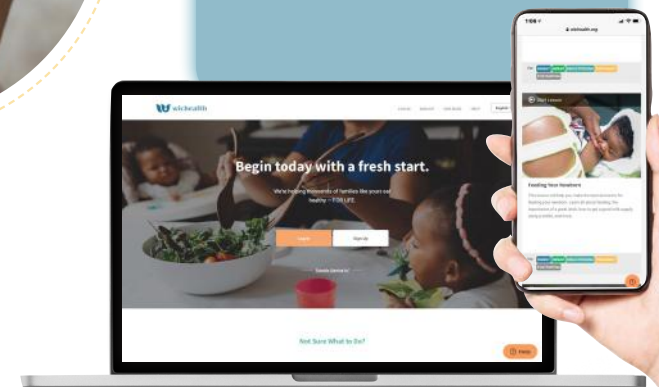
If you are concerned that you are not making enough milk, speak with your healthcare provider, WIC staff, or lactation consultant. These caring professionals will be able to help you know if you are making enough milk. If they think your baby needs more milk, they will help you keep your baby well fed.

#### Take This Lesson to Learn:

- How to get your baby to have a great latch.
- How to pace bottle feed. (video)
- How your family can support you while you feed your baby.

#### To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category:  
**Pregnancy and Baby's First 6 Months**
- Choose the lesson:  
**Feeding Your Newborn**



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