

# Lacking Lactation: Tips for increasing milk flow



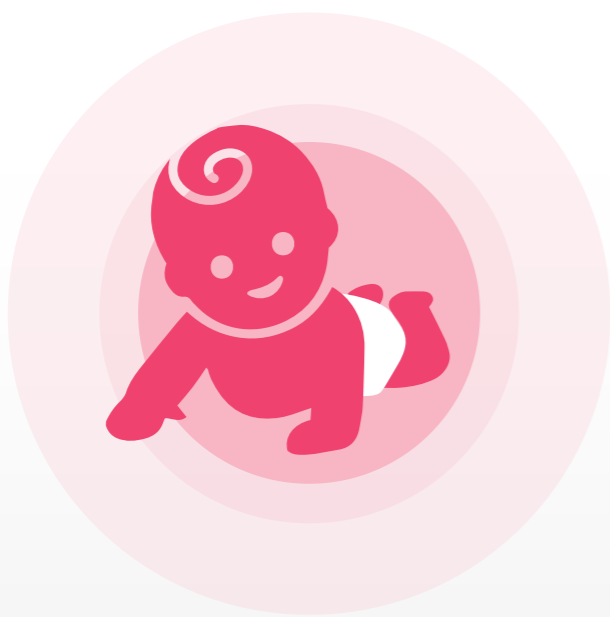
**62%** of mothers **stop breastfeeding** because they **think they are not producing enough milk** to meet their babies' nutritional needs.<sup>1</sup>



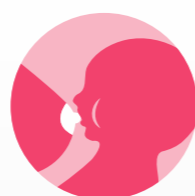
The World Health Organization **recommends exclusive breastfeeding during the first six months** of life because it is associated with health benefits not only for the infant but for the mother as well.<sup>1</sup>

**However, women often quit breastfeeding due to fear of inadequate milk production.<sup>1</sup>**

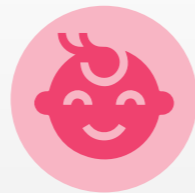
## How to know that the baby gets enough milk?<sup>2</sup>



The baby **stays calm** during the feed; and most of the time, **the swallowing sound could be heard.**



The baby's fontanelles are **flat and soft**; cheeks look **rounded**, not sucked in, during suckling.



The baby comes off the breast on **their own**, mouth looks moist, and appears **satisfied after the feed.**

**Six to eight wet diapers per 24 hours indicate an adequate fluid intake. Also, weight gain should be monitored by the pediatrician during bi-weekly visits<sup>3</sup>**

### References

**1.** Sevrin, T., Alexandre-Gouabau, M. C., Darmaun, D., Palvadeau, A., André, A., Nguyen, P., ... & Boquien, C. Y. (2017). Use of water turnover method to measure mother's milk flow in a rat model: Application to dams receiving a low protein diet during gestation and lactation. *PLoS One*, 12(7), e0180550. **2.** Breastfeeding: is my baby getting enough milk? (2022, September 6). NHS. Retrieved October 17, 2022, from <https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding-problems/enough-milk/> **3.** Trachtenbarg, D. E., & Golemon, T. B. (1998). Care of the premature infant: Part I. Monitoring growth and development. *American Family Physician*, 57(9), 2123.

# A Good Latch Is The Key To Successful Breastfeeding

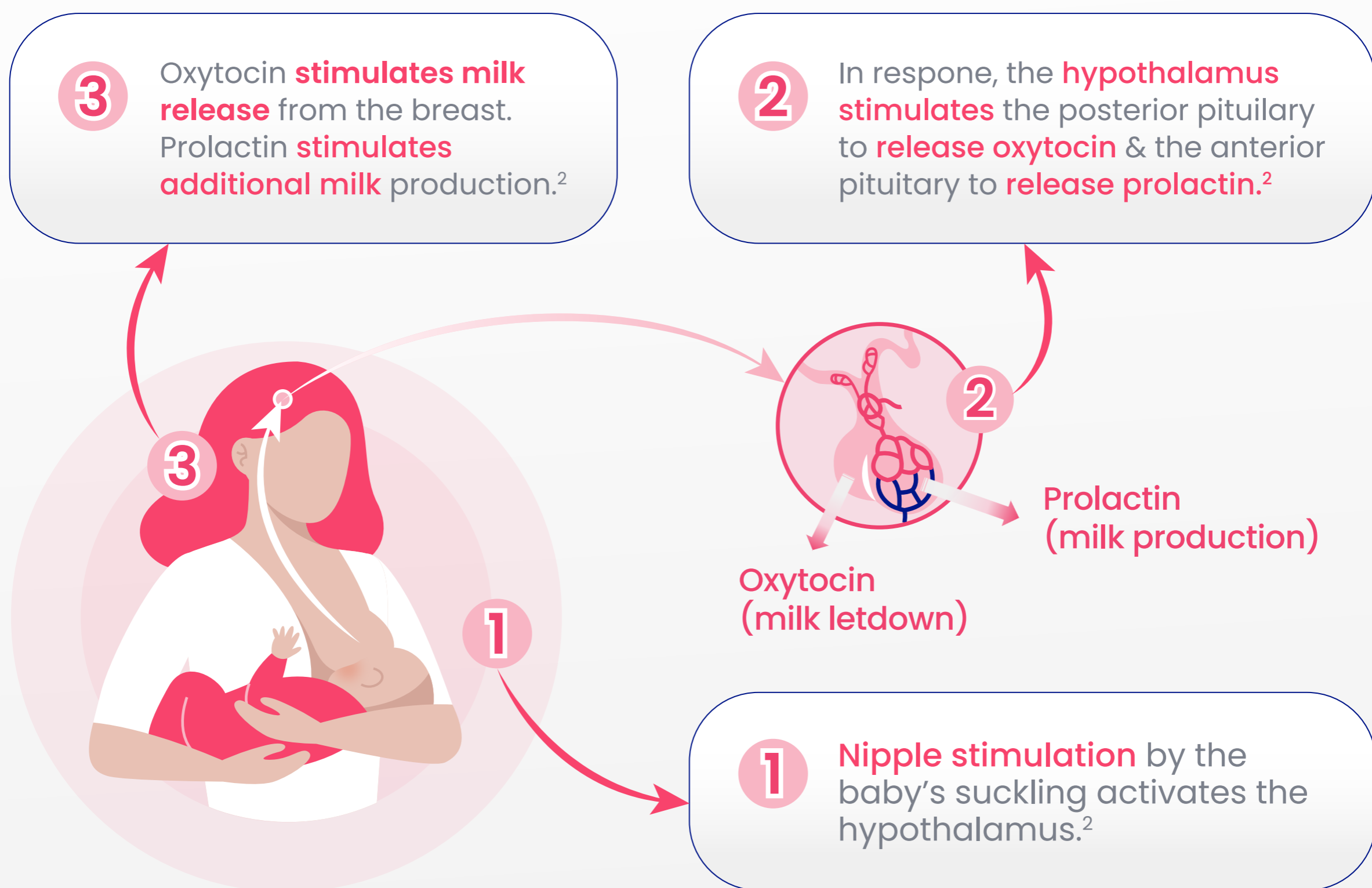


Mammary glands make breast milk based on the **laws of supply and demand**.<sup>1</sup>



The more the baby latches on to mother's breast well, the **more breast milk is produced**.<sup>1,2</sup>

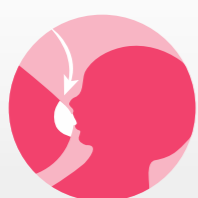
## The physiology behind supply and demand system:<sup>2</sup>



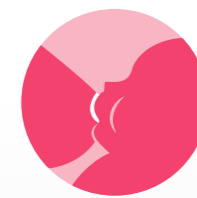
## How to know that the baby is well attached?<sup>3</sup>



The baby's chin touch, or almost touch the breast. While it happens, the baby's lower lip also curls downward.



The mother could see more of the dark skin around her nipple above the baby's top lip than below the bottom lip.

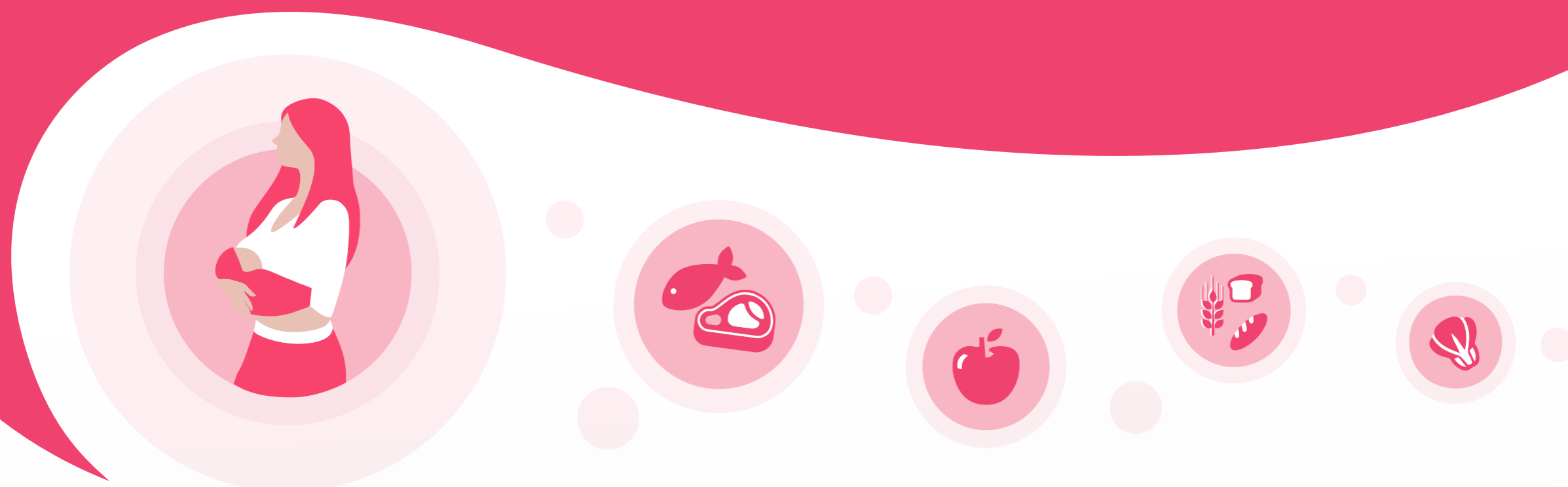


The baby has a **mouthful of breast**.

### References

**1.** Common breastfeeding challenges. (2021, February 22). Office on Women's Health. Retrieved October 17, 2022, from <https://www.womenshealth.gov/breastfeeding/breastfeeding-challenges/common-breastfeeding-challenges>. **2.** Lactation. (2017, June 8). BrainKart. Retrieved October 17, 2022, from [https://www.brainkart.com/article/Lactation\\_22009](https://www.brainkart.com/article/Lactation_22009). **3.** Breastfeeding: is my baby getting enough milk? (2022, September 6). NHS. Retrieved October 17, 2022, from <https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding-problems/enough-milk>.

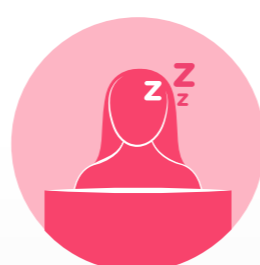
# How to support adequate milk flow?



**Breastfeeding frequently is a key way to increasing milk supply. Additionally, breastfeeding women can also be advised to:**



Breastfeed every time **the baby is hungry.**<sup>1</sup>



Get plenty of **sleep and avoid stress.**<sup>1</sup>



**Avoid** drinking alcohol and smoking.<sup>1</sup>

**Adequate nutritional intake is essential to maintaining healthy maternal nutritional status. Therefore, breastfeeding women could also consider to:**



**Have a varied and balanced diet** providing enough energy, proteins, vitamins and minerals to ensure the increased nutritional needs for lactation. **Ensure adequate consumption of fluids** to keep well hydrated.<sup>2</sup>



**Micronutrient supplementation may be needed** to secure increased nutritional needs, especially when dietary sources are not sufficient.<sup>2</sup>



## References

1. Low Milk Supply. Available from: <https://wicbreastfeeding.fns.usda.gov/low-milk-supply>. (Accessed on June 13th).
2. Segura, S. A., Ansótegui, J. A., & Díaz-Gómez, N. M. (2016). The importance of maternal nutrition during breastfeeding: do breastfeeding mothers need nutritional supplements?. *Anales de Pediatría (English Edition)*, 84(6), 347-e1.