

PROBLEM SOLVING: LOW MILK PRODUCTION
LEVEL 2 HANDOUT: LOW MILK PRODUCTION SUMMARY

Issue	Signs	Causes	Questions to Ask	Tips/Solutions	When to Yield
Perceived Insufficient Milk	<ul style="list-style-type: none"> ▪ Baby stools often (3 or more stools every 24 hours in early weeks). ▪ Baby gains around 1 ounce per day during the first 6 months. ▪ Baby breastfeeds 8-12 times every 24 hours. ▪ Mother's breasts feel full before feedings and softer afterwards. ▪ Baby may be fussy. ▪ Negative comments from family and friends. ▪ Mom used a breast pump and expressed only a small amount. ▪ Baby was given a bottle of formula and drank it all. 	<ul style="list-style-type: none"> ▪ Lack of knowledge about milk production. ▪ Misunderstands baby's behaviors. <ul style="list-style-type: none"> • Feeding frequency • Cluster feedings • Growth spurts • Overstimulation 	<ul style="list-style-type: none"> ▪ How often does your baby breastfeed and for how long? ▪ How do you know when it's time to feed the baby? ▪ Why do you think you are not making enough milk? ▪ How does your baby act after feedings? ▪ What else does your baby receive besides breastmilk? ▪ What are others telling you about your milk production? 	<ul style="list-style-type: none"> ▪ Educate and reassure mom about normal infant feeding patterns. ▪ Share visual examples of ways to know they are making enough milk (e.g., wet/dirty diapers, weight gain). ▪ Give information on how the breast makes milk. ▪ Inform mother about feeding cues and other normal infant behaviors. ▪ Share ideas for calming a fussy baby and waking a sleepy baby. 	<ul style="list-style-type: none"> ▪ Yield to CPA or DBE if: <ul style="list-style-type: none"> • Mom reports signs of delayed or low milk production. • Mom continues to feel she is not making enough milk. • Mom requests formula for her baby.