

Module 3C- “Is my baby getting enough- how to make milk.”

Teaching point: To make milk: feed often and empty the breast as much as possible. Milk supply comes from milk demand- the more the breast gets emptied, the more milk the breast can make.

Teaching Materials: Give your client the refrigerator magnet with “How to tell if your baby is getting enough milk” and “How do I make more milk for my baby” – show her that this is also a photo frame for her baby! Use handouts for this module, watch the global health media video together, and look at the relevant pages in the WIC booklet.

Game plan: Ask your client to “teach back” (tell you) at least two ways to tell if the baby is getting enough breastmilk, and (tell or show you) at least two ways to make more milk.

How to tell if your baby is getting enough milk

1. Your breasts feel full before a feeding and soft after (once milk is “in”)
2. Your baby is alert and wants to feed every 2-3 hours (or sooner)
3. You hear the baby swallowing during feeds and see milk in the baby’s mouth
4. You see 5 poopy diapers daily by day 5 (3 per day by day 3- same for pee diapers)
5. Your baby is satisfied (calm) between feedings
6. See your WIC Breastfeeding booklet page 8

How do I make more milk for my baby?

1. Feed more often – wake the baby after 2 hours
2. Make sure the baby gets to “finish” (drops off the breast asleep or gets at least 15 minutes of feeding)
3. Hand express milk:
a few drops to start the baby feeding
express more (you can use a pump) after the baby is done to increase supply
4. Take care of yourself - eat and sleep as best you can
5. Check your WIC Booklet page 6

How do I hand express my milk?

Here is a video to help you: <https://globalhealthmedia.org/videos/how-to-express-breastmilk/>

You can also look at instructions with pictures in your WIC booklet page 11 for help.

Here’s how to get ready to hand express:

- 1- Get a wide mouth cup and towel, wash your hands and sit down in a comfy place
- 2- Relax- here is one way (from Valeria):
take deep slow breaths, think about holding a bunch of bright colorful balloons in your hand, then tie a problem to a balloon and LET GO of the balloon...
Do it again with another problem and another balloon...
- 3- Remember to “wake up” your breast with a gentle massage- now you are ready!
- 4- Use “C hold” two fingers back from the areola – press back toward your chest, then squeeze gently, then release. Work your way around the entire areola so each part of the breast gets a chance.