

Module 3C- “Is my baby getting enough milk” and How to Make Milk.

Teaching Points:

- 1-To make sure your baby gets enough breast milk, encourage the mother to feed the baby often and empty the breast as much as possible.
- 2- Milk supply comes from milk demand- the more the mother’s breast gets emptied, the more milk she can make for your baby.

Teaching Materials: Make copies of page 7 in the WIC booklet for the fathers and use the Module 3B handout.

Game Plan: Review the information on the handouts and below and talk about ways the father can help make sure the baby is getting enough milk, encourage the mother to make feed often and make enough milk and call for help if he thinks the mother needs support from the Lactation consultant.

How to tell if your baby is getting enough milk

1. The mother’s breasts feel full before a feeding and soft after (once milk is “in”)
2. Your baby is alert and wants to feed 8-12 times in 24 hours (one full day)
3. You hear the baby swallowing during feeds and see milk in the baby’s mouth
4. You see 5 poopy diapers each day by day 5 (3 per day by day 3- same for pee diapers) – Dads can help by making diaper changing their job!
5. Your baby is satisfied (calm) between feedings

How does your baby’s mother make more milk for your baby?

1. Feed more often – 10-12 feeds in 24 hours (one full day)
2. Make sure the baby gets to “finish” (drops off the breast or falls asleep)
3. Hand express milk:
a few drops to start the baby feeding
encourage the mother to express more after the baby is done if she needs to increase supply
4. Encourage the mother to take care of herself by eating and sleeping as best as she can

How does a mother express breast milk?

Look at instructions with pictures in WIC booklet page 7 to understand, so you can help encourage her

Here’s how a mother should hand express:

- 1- Get a wide mouth cup and towel, wash her hands and sit down in a comfy place
- 2- Help her relax:
Encourage her take deep slow breaths,
think about holding a bunch of bright colorful balloons in her hand,
then tie a problem to a balloon,
and LET GO of the balloon...
Encourage her to do it again with another problem and another balloon...

- 3- Then encourage her to “wake up” her breast with a gentle massage- and she is ready!