

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

**Teaching points:** To make breast milk: watch for feeding cues and feed the baby often and empty the breast as much as possible. Milk supply comes from milk demand- the more mom’s breast gets emptied, the more milk she can make. Feed only breastmilk! Breastmilk has all the fluid and nutrition the baby needs for the first 6 months.

**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 the flyer (handout) for this module, look at the information on hand expression in the WIC booklet page 7 together, and use the cloth breast model (if available) to review hand expression.

**Game plan:** Ask your client to “teach back” (tell you) at least two ways to tell if the baby is getting enough breastmilk, and at least two ways to make more milk to win. Review all of the answers. Have her demonstrate how she would express milk with the cloth model or on her own breasts for the bonus.

#### How to tell if the baby is getting enough milk

1. Mom’s breasts feel full before a feeding and soft after (once milk is “in”)
2. The baby is alert and wants to feed 8-12 times in 24 hours (one day)
3. Mom hears the baby swallowing during feeds and see milk in the baby’s mouth
4. Mom sees 5 poopy diapers each day by day 5 (3 per day by day 3- same for pee diapers)
5. The baby is satisfied (calm) between feedings

#### How does mom make more milk for her 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  
express more after the baby is done if you need to increase supply
4. Ask her to make sure to take care of herself - eat and sleep as best she can

#### How do I hand express my milk?

Go over the patient handout (hand expression instructions with pictures in WIC booklet page 7). Do a demo using cloth breast model (if available). See if she can demonstrate on the model or her own breasts.

And 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!