

## MODULE 3C -CONTENT FOR MAGNET:

### My baby is getting enough milk if:

1. My breasts feel full before a feed and soft after
2. My baby is alert and wants to feed 8-12 times in one day
3. I hear my baby swallowing during feeds and see milk in baby's mouth
4. Baby has 3 poopy diapers each day by day 3 (5 each day by day 5)
5. My baby is satisfied (calm) between feeds

### How do I make more milk for my baby?

1. Feed more often – feed 10-12 times in 24 hours
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, and express more after baby is done to increase supply
4. Take care of myself - eat and sleep as much as I can!

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