

Low Milk Production	Prevention	Simple Comfort Measures	Refer When:
<p>Symptoms:</p> <ul style="list-style-type: none"> ▪ The baby has fewer than 3 stools per day in the first 3-4 weeks and is not gaining weight well (at least 4-7 ounces per week) ▪ The baby does not feed 8-12 times every 24 hours ▪ Mom limits the baby's time at the breast ▪ The baby has begun supplemental formula or solid foods ▪ The mother has begun birth control ▪ The mother and baby are separated and mom is not expressing milk while away from baby 	<ul style="list-style-type: none"> ▪ Ensure the baby is positioned and latched well so that milk transfer can occur ▪ Breastfeed at least 8 times every 24 hours, and every time the baby shows signs of hunger ▪ Let the baby release the breast to end the feed ▪ Avoid long intervals between feeds 	<ul style="list-style-type: none"> ▪ Put the baby to breast whenever he shows signs of hunger ▪ Increase the number of feedings (or remove milk with a breast pump) ▪ Breastfeed at night when prolactin levels are highest ▪ Offer the baby unlimited access to the breast ▪ Hold the baby skin to skin ▪ Rest and relax to help milk flow ▪ Breastfeed on one side and pump on the other to keep the baby at the breast ▪ Express milk when separated from baby ▪ Talk with physician about medications that can help increase production 	<p>The assessment shows the mother has true low milk production</p> <p>The baby is in need of medical attention or follow-up</p>