

Poor Milk Supply

Almost all women don't have a problem with producing enough milk to breast feed. The ideal way to make sure that your baby is getting enough milk is to be sure that he's well positioned, attached to the breast, and feed him as often as he gets hungry.

Some mom's that are breast feeding will stop before they want to, simply because they don't think they have enough breast milk.

There are signs that might make you believe your baby isn't getting enough milk. If your baby seems hungry or unsettled after feeding, or if he wants to feed often with short pauses between feedings, you may think he isn't getting enough milk - which are often times not the case.

There are however, two reliable signs that let you know your baby isn't getting enough milk. If your baby has poor or really slow weight gain, or is passing small amounts of concentrated urine, he's not getting enough milk.

All babies will lose weight within the first few days after birth. Babies are born with supplies of fat and fluids, which will help them keep going for the first several days.

Once your baby regains birth weight, he should begin putting on around 200g for the first four months or so. To get back to their birth weight, it normally takes a few weeks.

If the weight gain for your baby seems to be slow, don't hesitate to ask your doctor or nurse to observe you breast feeding. This way, they can make sure that your technique is right and if they think your baby is breast feeding often enough.

To help you with your breast feeding, here are some ways that you can increase your supply of milk:

1. Be sure that your baby is positioned correctly and attached to your breast.
2. Let your baby feed for as long and often as he wants.
3. If you feel that your baby isn't breast feeding enough, offer him more breast feeds.
4. During each breast feed, make sure you feed from both breasts.
5. If your baby has been using a dummy, make sure you stop him.
6. Some babies may be sleepy and reluctant to feed, which may be the cause of problems with milk supply.

By following the above tips, you'll do your part in making sure you have enough milk when it comes time to breast feed. If you are uncertain or have other questions, be sure to ask your doctor, as he can answer any type of question you may have.

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