

Managing your Milk Supply: Going with the Flow

Getting Started - The Milk Comes In

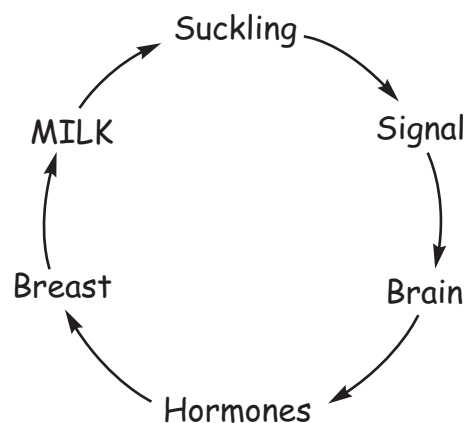
- After your baby is born, the hormones in your body will change and your body will know that it is time to make milk
- At first your body will make a special milk called colostrum
- Breastfeed your baby soon after birth and let your baby suckle frequently
- After two or three days you will notice that your breasts are warm and feel fuller, continue to feed baby frequently
- After a few days your breasts will not feel as full

Colostrum

- It is important for your baby to get this first milk
- Colostrum coats the inside of the baby's stomach, intestines and bowels and prevents germs from getting into the baby's body
- Colostrum is very concentrated so your baby only needs small amounts

Your Body is Designed to Make Milk

- When your baby suckles at the breast a signal is sent to your brain
- This signal tells your brain to make hormones
- The hormones tell your breasts to make milk



For more information, call Region of Peel—Public Health at 905-799-7700
Monday to Friday 8:30 a.m. to 4:30 p.m.
Caledon residents call free of charge at 905-584-2216
www.BreastfeedingInPeel.ca

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SKIN-TO-SKIN

What is it?

- Baby wears only a diaper and is held in an upright position on mom's or dad's bare chest
- A light blanket can be draped across baby's back
- All babies can benefit from this simple technique

Why is skin-to-skin so important?

- Stabilizes baby's heart rate, breathing and blood sugar
- Mom's or dad's body heat will keep baby warm
- Promotes bonding and getting to know your baby
- Baby is calmer and cries less
- Mom will be more confident and relaxed, which will help with her milk let down
- Baby is more likely to latch well onto mom's breast; this means that mom is less likely to develop sore nipples and baby will get more milk

When to start?

- As soon after birth as possible, for at least one hour
- Premature babies benefit from this too... it is called Kangaroo Care
- Older babies will also enjoy skin-to-skin



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