



Oversupply

Oversupply occurs when you produce more milk than your baby needs. This can happen if you are pumping a lot. It is not necessary to fill a freezer with milk, the goal is to match what baby needs!

You might notice a very fast let down that causes milk to spray excessively, baby to clamp down (bite) to slow the flow, squirm at the breast, spit up frequently, have gas or green explosive stools. Moms with oversupply may experience nipple blebs, recurrent plugged ducts, mastitis and vasospasm of the nipple.

Techniques to cope with an excessively fast let down include laid back or 'physiologic' nursing, a 'scissor hold' behind the areola to slow the flow or to catch the initial let down in a cloth or collection container that does not have suction. Oversupply can be down regulated slowly and carefully with block feeding and avoidance of excessive pumping.



Laidback Nursing



Oversupply LLLI