



Breastfeeding Baby

Colostrum is the first milk. It is thin, sticky and clear-golden in colour. Baby will drink only a teaspoon at a time the first day. They will feed every 2-3 hours.

At day 3-5 your mature milk starts to come in. You may feel engorgement around this time. You may take advil, tylenol, use ice and gentle massage to manage engorgement. The milk will start to turn white and the volume of milk will go up.

Typically milk supply is 'established' at 3-4 weeks. Most people make 24-30 ounces per day. For the first few months it is important to keep feeding every 2-3 hours with no more than 4 hour sleeps overnight. Your breasts may not feel as full anymore. This doesn't mean your milk is gone, just that you are perfectly in balance with what baby needs!

Signs that baby is getting enough milk include 6+ wet diapers daily, baby pooping well and normal weight gain. If you have concerns please visit public health or book in with your doctor to check on baby's health.

