

# Too Much Milk



## Perfect latch is vital.

Make sure the baby is latched deeply, with both cheeks and chin pressed up against the breast.



## Do counter-pressure 5-10 times during the feed.

Use a flat hand and press the opposite breast into the ribs. This needs to be done on the opposite breast 3 to 10 times during a feed.



## Use ONE breast per feed.

Don't forget to stop the milk on the second side with a flat hand doing counter pressure.



## Take the baby on and off the same side 3 times at the feed.

Let the baby nurse from 5 to 8 minutes while stopping the milk the second time.



### Teach the baby to eat at the breast and not use the mom as a pacifier.

Make sure the baby is active on the breast, not passive. The baby cannot use the breast as a pacifier.



### Do NOT have to lay back to slow down the milk.

This position can really wreak havoc on the nipples.



### Use ice after every feed.

Ice the breast after each feed for 10 minutes. You may have to ice both breasts if they both feel too full.



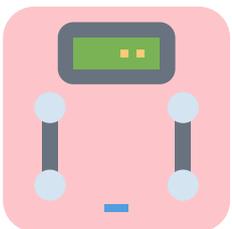
### Do NOT pump after each feed.

You can pump a small amount to relieve pressure only. Do NOT try to drain the breast. Just pump enough to feel less full.



### Cabbage can help.

Keep cabbage in the fridge. It works better when it is cold. Crunch the leaf in your hand, then place the leaf in the bra. Let the cabbage wilt from the heat of the body. Replace as needed.



### Offer the mom weigh-nurse-weighs so she can learn how much the baby is taking at a feed.

Most women are surprised at how much milk they are making and how much the baby is taking in. Doing a weigh-nurse-weigh will encourage the mom not to be fearful of losing her milk.

*I am honored to be able to share my knowledge with you!*