

Relax to “Let-Down!”

As baby nurses at the breast, the milk glands begin to contract and squeeze milk through the ducts toward the nipple. This is called let-down. The best way to tell if your milk lets-down is to watch and listen. Your baby’s suck will change from rapid bursts to slower sucks with longer pauses in between. You may be able to hear “gulping” sounds.



If you are tense or tired you may have a problem with let-down. Without a let-down, your baby gets less milk or you will not be able to pump much milk from your breasts. Relaxation will help. Try these tips:

- ♥ Take a warm bath, shower, or place a warm wash cloth on your breasts before pumping or nursing.
- ♥ Nurse or pump in a comfortable location.
- ♥ Unplug the phone. Listen to relaxing music.
- ♥ Nurse or pump in a quiet corner.
- ♥ Get a shoulder rub.
- ♥ Get a routine going when nursing or pumping.
- ♥ Think about the baby or pleasant experiences with eyes closed.
- ♥ Practice breathing in deeply through the nose and out through the mouth.
- ♥ Look at a picture of your baby before or during a pumping session. Have something around that has a “baby smell” - lotion, powder, etc.

Mother’s Milk offers your baby health benefits that will last a lifetime!

