



“Slow the Flow!”

Good for you!

You are giving your baby your priceless milk.

Having lots of milk is a good thing, but sometimes you can have too much.

Signs of OVER-SUPPLY:

- ✓ Your breasts feel full much of the time and leak often.
- ✓ Baby gains weight quickly, spits up and passes gas often.
- ✓ Baby is fussy, feeds often, acts hungry after feeding, or has watery or greenish stools.
- ✓ Baby gains weight slowly because feedings are unpleasant and baby arches away.
- ✓ Mom gets plugged ducts or mastitis more than once.

Signs of OVER-ACTIVE LET-DOWN (milk flows too fast for baby to swallow):

- ✓ Baby chokes, gags, sputters or makes clicking sounds during feeding.
- ✓ Baby pulls away from the breast.
- ✓ Baby clamps down to slow milk flow, causing sore nipples.
- ✓ Baby keeps breast in mouth loosely.
- ✓ Milk sprays out when baby lets go.
- ✓ During rapid feedings, baby gets full in five to 10 minutes.

OVERSUPPLY can make babies fussy. Some mothers may wrongly assume that baby is colicky or allergic to her milk. Others think they do not have enough milk when, in fact, they have lots of milk. If the problem is oversupply, the tips below will help:

- Nurse from only one breast per feeding. Burp the baby and put back on the same breast. This helps drain the breast, and baby gets milk with higher fat content.
- If this does not work, nurse from the same breast for three hour periods or for two feedings in a row.
- Avoid pumping except the minimal needed to relieve fullness or to prevent plugged ducts.
- Get help from a lactation consultant if oversupply continues to be a problem.

With **OVER-ACTIVE LETDOWN**, the milk flows out faster than baby can swallow. To a baby, it can feel like “drowning.” To help slow the flow:

- Try nursing in a semi-reclined position with baby face-down on top of you. This way, baby has to nurse “uphill.”
- Slow down the milk flow by removing some milk from the breast before baby nurses. You can do this by applying a warm compress on your breasts and using gentle massage.
- You can also try pumping until you see the milk begin to gush. Let it flow for a bit before you offer the breast.
- Baby can handle rapid flow better if he/she is not lying on his/her side or back while nursing. Try holding the baby in a sitting position, such as straddling him on your leg.

Problems with oversupply or let-down resolve quickly.



Breastfeeding Awareness and Support Program
Healthy Baby Line
1-800-986-BABY

www.health.state.pa.us/breastfeeding



Pennsylvania WIC Program
1-800-WIC-WINS
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