

Oversupply / Forceful Letdown

These are some signs of forceful let-down while feeding baby:

- Gag, choke, strangle, gulp, gasp, cough while breastfeeding as though the milk is coming out too fast
- Pull off the breast often while breastfeeding
- Clamp down on the nipple to slow the flow of milk
- Make a clicking sound when breastfeeding
- Spit up often and/or are very gassy and fussy
- Refuse to nurse
- Dislike comfort nursing in general

Help your baby deal with the fast flow: Check your breastfeeding for more information on how to hold your baby.

- Position baby so they are breastfeeding “uphill” with their head higher than their butt
- Holding baby in cradle hold with mom leaning back (sitting in a recliner chair helps)
- Holding baby in football hold, but with mom leaning back
- Sit baby up facing mom to breastfeed
- Hold baby in side lying position. This allows baby to dribble extra milk out of his/her mouth when coming out too fast.
- Burp baby frequently if he/she is swallowing a lot of air
- Breastfeed more frequently. This will keep your breast from over filling, which makes your milk come out faster
- Breastfeed when baby is sleepy and relaxed. Baby will suck more gently at this time; milk flow may be slower
- Hand express or pump until flow of milk slows down, and then put baby on breast. Use this only if nothing else works
- If stools have changed from yellow to green, breastfeed on same side for two feedings in a row and **call Lactation Services for support at (208) 625-5091**



Engorgement

When your breasts are over filled with milk.

A mother's milk comes in between days 3-5 after giving birth. Your breasts feel heavier when they are full of milk. They feel softer when your baby has a good deep latch and has been drinking your milk. Your breasts will feel hard with tightly stretched skin that may look shiny. Your breasts may feel warm, tender or throb. You may have a low grade fever. You may even feel some fullness in your armpit. The areola will feel hard/firm and your baby may slip off when they try to latch. The nipple sometimes will increase in size and become flat. Engorgement makes it hard for your baby to latch deeply without hurting you.

Expect engorgement on days three to day five after birth. It begins to get better within 12-48 hours if you use some of the following tactics:

How to treat:

Before feeding, try softening your breast for a better latch.

- Use warm, moist wash cloths, massage breasts and hand express to make the milk flow. Sometimes getting into the shower and letting the water hit your back will start your milk flowing. Or, you can try placing your breast in a bowl of warmed water. Try these tips for only a few minutes.
- If baby is hurting you when they latch or is not able to latch, you'll want to get enough milk out that your breast feels softer before you try to latch. Check out Jane Morton, Stanford University, for videos teaching hand expression. <http://newborns.stanford.edu>

While breastfeeding:

Make sure latch is deep and comfortable. It is normal to feel a sensation when your nipple first stretches, then the latch should feel like a comfortable pull and tug.

- Massage tissue, do compressions to help with milk flow.
- Sometimes a nipple shield can help with a deeper latch if breast is too full or nipples are tender.
- After breastfeeding, rub some drops of your milk into your nipple tissue, let it dry and follow with coconut oil or lanolin made for nipple care.

