

WHEN WILL MY MILK COME IN?

What to expect in the first few days of breastfeeding.

New parents may mistakenly believe the milk produced in the initial days isn't enough to keep their newborn's stomachs full. They may choose to supplement with formula "until the milk supply increases."

Here's a timeline of what actually happens to your breastmilk after birth.

THE HORMONES RELEASED AFTER BIRTH SIGNAL TO THE BREASTS TO SECRETE A DENSE CONCENTRATED MILK CALLED COLOSTRUM.

COLOSTRUM

Colostrum is a thick, sticky, yellow milk that is high in antibodies and protein. It also serves as a laxative to help stimulate the passing of meconium, which is a dark, sticky substance that lines the intestines of the infant. Colostrum contains antibodies and white blood cells that help baby's brand-new immune system.

You won't "Run Out" of Colostrum



APPROXIMATELY 2 - 5 DAYS POSTPARTUM, THE COLOSTRUM BEGINS TO TRANSITION TO MATURE MILK WHICH IS ESTABLISHED AROUND 8-10 DAYS

THERE ISN'T A "SWITCH" FROM COLOSTRUM TO MATURE MILK. IT'S A GRADUAL TRANSITION.

Your body produces what the baby needs when they need it. At birth, babies have a small stomach which requires a high level of calories and protein. This is exactly what is produced immediately postpartum. As the newborn develops, the nutrition and volume of milk changes to meet those needs.



Colostrum

Birth - Day 2
Small Amounts, Sticky, Golden to orange color



Transitional Milk

Day 2-5
Slowly notice increase in production



"Mature" Milk

Day 8-10
Breasts should feel 'full'

MY BABY CRIES AFTER FEEDINGS. WHAT NOW?

IF AN INFANT CRIES RIGHT AFTER ENDING THE FEED, PARENTS MIGHT THINK THAT THEIR BABY IS STILL HUNGRY. THIS MAY OR MAY NOT BE THE CASE.

Here are some things you may want to try:

Try latching again on the other side

Try skin-to-skin time, with dim lights, or even in a warm bath soothe a fussy baby, or help promote nursing.

White noise, shushing, and gentle rhythmic bouncing can also help settle a 'fussy' baby.

HOW DO YOU KNOW IF YOU'RE MAKING ENOUGH MILK?

MAKE SURE DIAPER OUTPUT FOLLOWS RECOMMENDATIONS

WEIGHTED FEEDS CAN HELP DETERMINE HOW MUCH BABY IS GETTING

IF YOU'RE STILL CONCERNED, TALKING TO A LACTATION PROFESSIONAL MAY HELP.