

When Will My Milk Come In?



2nd Trimester

Your body starts to produce colostrum, the early milk packed with nutrients and disease-fighting antibodies, during pregnancy.

Birth

Baby needs only 2-10 mL (.5-2 tsp) of colostrum per feeding for the first 24 hours – 1 oz for the whole day!

Day 3

Breastfeeding early & often increases the amount of colostrum. He'll drink 15-30 mL (.5-1 oz) per feed by the end of Day 3.



Transition to mature milk

Colostrum usually transitions to mature milk by Day 3-5. Your breasts may feel heavy & warm as milk volume increases. Your milk may seem thinner and whiter.

Skin-to-skin contact

Skin-to-skin contact with baby (in only a diaper against your bare chest) has also been associated with increased milk production.

Breastfeed early & often

For higher milk production on days 3-4, nurse at least 8-12 times per day. Frequent feedings help infants lose less weight and have lower bilirubin levels (less jaundice).



Remove milk

If milk isn't removed by the time it transitions to mature milk, hormonal milk production will begin to shut down.

Risk factors

First baby? Milk may come in a day later. Other risk factors for delayed onset of lactation include lots of IV, traumatic delivery, hormonal issues like PCOS or insulin resistance, & obesity.

Need help?

If your milk has not increased by Day 4 and you're nursing often, call for lactation support and watch your baby's weight gain.

For more information on risk factors, see kellymom.com/bf/concerns/mother/when-will-my-milk-come-in/



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