Problem Solving: Low Milk Production Handout**:** Low Milk Production Summary

Level 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Issue** | **Signs** | **Causes** | **Questions to Ask** | **Tips/Solutions** | **When to Yield** |
| **Perceived Insufficient Milk** | * Baby stools often (3 or more stools every 24 hours in early weeks). * Baby gains around 1 ounce per day during the first 6 months. * Baby breastfeeds 8-12 times every 24 hours. * Mother’s breasts feel full before feedings and softer afterwards. * Baby may be fussy. * Negative comments from family and friends. * Mom used a breast pump and expressed only a small amount. * Baby was given a bottle of   formula and drank it all. | * Lack of knowledge about milk production. * Misunderstands baby’s   behaviors.   * + Feeding frequency   + Cluster feedings   + Growth spurts   + Overstimulation | * How often does your baby breastfeed and for how long? * How do you know when   it’s time to feed the baby?   * Why do you think you are not making enough milk? * How does your baby act after feedings? * What else does your baby receive besides breastmilk? * What are others telling you about your milk production? | * Educate and reassure mom about normal infant feeding patterns. * Share visual examples of ways to know they are making enough milk (e.g., wet/dirty diapers, weight gain). * Give information on how the breast makes milk. * Inform mother about feeding cues and other normal infant behaviors. * Share ideas for calming a fussy baby and waking a sleepy baby. | * Yield to CPA or DBE if:   + Mom reports signs of delayed or low milk production.   + Mom continues to feel she is not making enough milk.   + Parent requests formula for their baby. |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Issue** | **Signs** | **Causes** | **Questions to Ask** | **Tips/Solutions** | **When to Yield** |
| **Delayed Milk Production** | * Baby is not back to birth weight at 2 weeks. * Baby is stooling less than   3-4 times in 24 hours in the early days.   * Baby is still passing meconium stools after day 3. * Mom perceives her breasts are not full. * Baby is jaundiced. | * Baby did not go to the breast 8-12 times in 24 hours in the early days. * Baby is not positioned to latch well to transfer milk. * Parent is replacing feedings at the chest with formula or water. * Lactating parent did not hold baby skin to skin in the first hour or beyond. * Delaying the first breastfeed. | * Tell me about your baby’s first feedings. When did they occur and how did feedings go? * How often do you hold your baby skin to skin? * How often did you feed your baby in the early days? * How often are you feeding your baby now? How do you know when it’s time to feed the baby? * How does your baby act after feedings? * How do your breasts feel before and after breastfeeding? | * Educate parent prenatally and early postpartum about how the breast works and early practices to get a great start. * Support parent with help positioning and latching. * Remind lactating parent to feed or express milk 8-12 times in24 hours. * Express milk after feedings helps speed up production. | * Yield to CPA or DBE if:   + Mom does not feel fullness in her breasts after day 3.   + Baby is not stooling 3-4 times in 24 hours in the early days.   + Report that baby is continuing to lose weight.   + Baby’s skin or eyes are   yellow.   * + Lactating parent may be obese and/or reports that she has diabetes or other medical concerns.   + Parent has begun supplementing. |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Issue** | **Signs** | **Causes** | **Questions to Ask** | **Tips/Solutions** | **When to Yield** |
| **Low Milk Production** | Baby:   * Continues to lose weight beyond the first few days or does not regain birth weight by 2 weeks. * Stools less than 3 times in24 hours in the early weeks. * Is sleepy or feeds less than 8-12 times in24 hours. * Gains less than 1 ounce perday in the first 6 months.   Mother:   * Breasts do not feel fuller before feedings. * Has sore nipples. * Is separated from the baby   and not expressing milk often enough. | * Ineffective positioning and latch. * Delaying feedings. * Limiting the baby’s time at   the breast.   * Not offering both breasts at feedings. * Supplementing with other foods. * Unresolved engorgement. * Medical concerns (e.g., prior breast surgery, hormonal conditions, medications, diabetes, obesity, pregnant while breastfeeding) * Infant concerns (e.g., Down syndrome, prematurity, tongue tie, cleft lip or palate) | * What makes you concerned about your milk production? * How do you know it’s time   to feed your baby?   * How often is your baby breastfeeding each 24 hours? * How would you describe your baby’s behaviors most of the time? * Tell me about your baby’s wet and dirty diapers. * What do your family and friends tell you about your milk production? * What do you know about how the breast makes milk? | * Assist with positioning and latch. * Hold baby skin to skin. * Feed the baby often - at least 8-12 times in24 hours. * Provide comfort measures for engorgement. * Connect parent to support. * Make proactive phone calls. | * Yield to the CPA or DBE if:   + Parent reports baby is not gaining weight or stooling appropriately.   + Lactating parent reports medical issues for low production.   + Mom reports medical concerns of her baby. |