



## Level 2 Clinical Summary Low Milk Production

Issue	Signs	Causes	Questions to Ask	Tips/Solutions	When to Yield
<p><b>Perceived Insufficient Milk</b></p>	<ul style="list-style-type: none"> <li>▪ Baby stools often (3 or more stools every 24 hours in early weeks).</li> <li>▪ Baby gains around 1 ounce per day during the first 6 months.</li> <li>▪ Baby breastfeeds 8-12 times every 24 hours.</li> <li>▪ Mother’s breasts feel full before feedings and softer afterwards.</li> <li>▪ Baby may be fussy.</li> <li>▪ Negative comments from family and friends.</li> <li>▪ Mom used a breast pump and expressed only a small amount.</li> <li>▪ Baby was given a bottle of formula and drank it all.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Lack of knowledge about milk production.</li> <li>▪ Misunderstands baby’s behaviors.               <ul style="list-style-type: none"> <li>• Feeding frequency</li> <li>• Cluster feedings</li> <li>• Growth spurts</li> <li>• Overstimulation</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ How often does your baby breastfeed and for how long?</li> <li>▪ How do you know when it’s time to feed the baby?</li> <li>▪ Why do you think you are not making enough milk?</li> <li>▪ How does your baby act after feedings?</li> <li>▪ What else does your baby receive besides breastmilk?</li> <li>▪ What are others telling you about your milk production?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Educate and reassure mom about normal infant feeding patterns.</li> <li>▪ Share visual examples of ways to know they are making enough milk (e.g., wet/dirty diapers, weight gain).</li> <li>▪ Give information on how the breast makes milk.</li> <li>▪ Inform mother about feeding cues and other normal infant behaviors.</li> <li>▪ Share ideas for calming a fussy baby and waking a sleepy baby.</li> </ul>	<p>Use <a href="#">Scope of Practice</a> to determine which Level 3 or 4 staff to refer to:</p> <ul style="list-style-type: none"> <li>• Mom reports signs of delayed or low milk production.</li> <li>• Mom continues to feel she is not making enough milk.</li> <li>• Parent requests formula for their baby.</li> </ul>

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<p><b>Delayed Milk Production</b></p>	<ul style="list-style-type: none"> <li>▪ Baby is not back to birth weight at 2 weeks.</li> <li>▪ Baby is stooling less than 3-4 times in 24 hours in the early days.</li> <li>▪ Baby is still passing meconium stools after day three.</li> <li>▪ Mom perceives her breasts are not full.</li> <li>▪ Baby is jaundiced.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Baby did not go to the breast 8-12 times in 24 hours in the early days.</li> <li>▪ Baby is not positioned to latch well to transfer milk.</li> <li>▪ Parent is replacing feedings at the chest with formula or water.</li> <li>▪ Lactating parent did not hold baby skin to skin in the first hour or beyond.</li> <li>▪ Delaying the first breastfeed.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Tell me about your baby's first feedings. When did they occur and how did feedings go?</li> <li>▪ How often do you hold your baby skin to skin?</li> <li>▪ How often did you feed your baby in the early days?</li> <li>▪ How often are you feeding your baby now? How do you know when it's time to feed the baby?</li> <li>▪ How does your baby act after feedings?</li> <li>▪ How do your breasts feel before and after breastfeeding?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Educate parent prenatally and early postpartum about how the breast works and early practices to get a great start.</li> <li>▪ Support parent with help positioning and latching.</li> <li>▪ Remind lactating parent to feed or express milk 8-12 times in 24 hours.</li> <li>▪ Express milk after feedings helps speed up production.</li> </ul>	<p>Use <a href="#">Scope of Practice</a> to determine which Level 3 or 4 staff to refer to:</p> <ul style="list-style-type: none"> <li>• Mom does not feel fullness in her breasts after day 3.</li> <li>• Baby is not stooling 3-4 times in 24 hours in the early days.</li> <li>• Report that baby is continuing to lose weight.</li> <li>• Baby's skin or eyes are yellow.</li> <li>• Lactating parent may be obese and/or reports that she has diabetes or other medical concerns.</li> <li>• Parent has begun supplementing.</li> </ul>

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<b>Low Milk Production</b>	<p>Baby:</p> <ul style="list-style-type: none"> <li>▪ Continues to lose weight beyond the first few days or does not regain birth weight by 2 weeks.</li> <li>▪ Stools less than 3 times in 24 hours in the early weeks.</li> <li>▪ Is sleepy or feeds less than 8-12 times in 24 hours.</li> <li>▪ Gains less than 1 ounce per day in the first 6 months.</li> </ul> <p>Mother:</p> <ul style="list-style-type: none"> <li>▪ Breasts do not feel fuller before feedings.</li> <li>▪ Has sore nipples.</li> <li>▪ Is separated from the baby and not expressing milk often enough.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ineffective positioning and latch.</li> <li>▪ Delaying feedings.</li> <li>▪ Limiting the baby’s time at the breast.</li> <li>▪ Not offering both breasts at feedings.</li> <li>▪ Supplementing with other foods.</li> <li>▪ Unresolved engorgement.</li> <li>▪ Medical concerns (e.g., prior breast surgery, hormonal conditions, medications, diabetes, obesity, pregnant while breastfeeding)</li> <li>▪ Infant concerns (e.g., Down syndrome, prematurity, tongue tie, cleft lip, or palate)</li> </ul>	<ul style="list-style-type: none"> <li>▪ What makes you concerned about your milk production?</li> <li>▪ How do you know it’s time to feed your baby?</li> <li>▪ How often is your baby breastfeeding each 24 hours?</li> <li>▪ How would you describe your baby’s behaviors most of the time?</li> <li>▪ Tell me about your baby’s wet and dirty diapers.</li> <li>▪ What do your family and friends tell you about your milk production?</li> <li>▪ What do you know about how the breast makes milk?</li> </ul>	<ul style="list-style-type: none"> <li>▪ Assist with positioning and latch.</li> <li>▪ Hold baby skin to skin.</li> <li>▪ Feed the baby often - at least 8-12 times in 24 hours.</li> <li>▪ Provide comfort measures for engorgement.</li> <li>▪ Connect parent to support.</li> <li>▪ Make proactive phone calls.</li> </ul>	<p>Use <a href="#">Scope of Practice</a> to determine which Level 3 or 4 staff to refer to:</p> <ul style="list-style-type: none"> <li>• Parent reports baby is not gaining weight or stooling appropriately.</li> <li>• Lactating parent reports medical issues for low production.</li> <li>• Mom reports medical concerns of her baby.</li> </ul>

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