

Days 2-3:

- It's important to breast feed frequently during this time. Every time your baby suckles at your breast your body responds by making more milk. Your milk supply will increase more quickly and it helps to make more milk later.
 - You're producing the right amount of breast milk for your baby so you shouldn't give your baby formula. Giving formula will delay your milk coming in.
 - Avoid giving your baby a pacifier until your baby is 1 month old as this may interfere with your breastfeeding success.
 - Your baby will want to nurse more frequently (every 1-2 hours sometimes) in the 12 hours before your milk comes in.

Days 3-5:

- Your breasts are now making much larger amounts of milk. This is often described as your milk 'coming in'. Much of this fullness is the water and nutrients being drawn to your breasts as they start making larger amounts of milk.
 - Frequent breastfeeding now can help prevent your breasts from getting overly firm and painful (engorgement).
 - Frequent breastfeeding will not cause you to have too much milk. Let your baby finish feeding on the first breast before offering the other breast.
 - You will know your baby is getting enough if your baby is having wet and dirty diapers and gaining weight.

2 weeks to 1 month:

- Your breasts will start to feel softer between feedings even though they're making more milk than in the first week or two.
- Your milk volume continues to increase in response to your baby's frequent feedings. Breastfeeding often and at night will build your milk supply.
- Breastfeeding your baby at least 8-12 times every 24 hours in these early weeks builds a full milk supply.

1-6 months:

- Your baby may nurse more on some days than others. This is normal! Nursing at the breast builds milk best. If you are concerned about your supply, or how often your baby is nursing, increase feeding at the breast and ask to have your baby weighed.
- After the first six weeks or so, some babies may start to reduce feedings to 6-8 times per day and continue to gain weight.
- Night feedings are important to help you maintain a full milk supply for your baby.
- This is a good time to introduce a bottle with your breast milk to your baby 2-3 times a week. This helps prepare for your return to work or school. It's also a good way to involve your partner with feeding your baby. This is also a good time to introduce a pacifier.

6-12 months:

- Once your baby starts eating solid food around 6 months, breast milk is still the best beverage for your baby. For as long as you and your baby choose to breastfeed, it continues to provide important immune protection and excellent nutrition.
- Babies continue to breastfeed often as solid foods are added to their diet.
- Continuing to breastfeed often maintains your milk supply through the first year and beyond.

If you have questions or concerns, contact your lactation consultant or health care professional.