



Western Upper Peninsula Health Department

BREASTFEEDING

The quarterly newsletter for breastfeeding information



OVERSUPPLY

Having enough milk, making milk, when milk comes in.. these are all common topics when breastfeeding conversations start. Something that can be missed is what happens when you actually have an oversupply of milk.

Oversupply: What it is and how it happens.

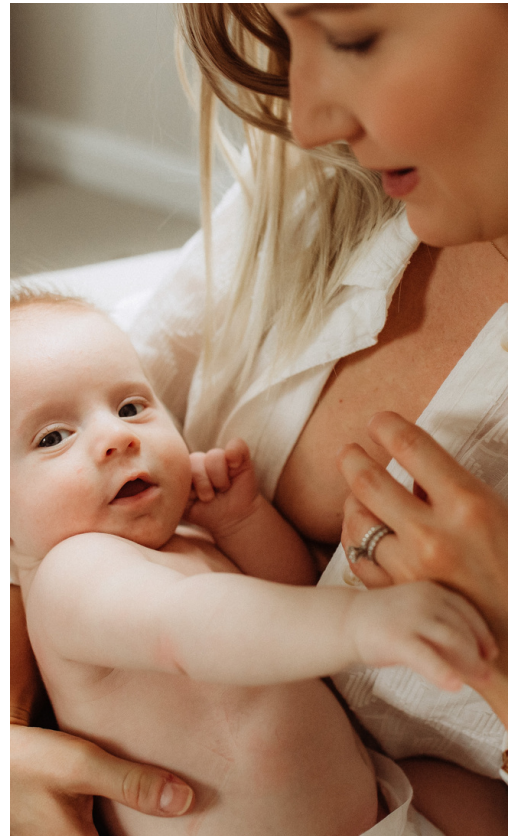
A mother's milk supply will normally adjust according to baby, but some mother's can make more milk than their baby needs and that is called oversupply.

Causes of oversupply can include, but are not limited to:

- pumping too much in addition to breastfeeding
- baby preferring to nurse from only one side
- breastfeeding according to a schedule instead of feeding when baby is hungry
- in some cases an excess of the milk producing hormone in your blood

Facing an oversupply of milk can make both parent and baby become uncomfortable. You could develop clogged milk ducts, experience mastitis, lumpy or tightness after a feeding, a strong let down which can cause baby to choke or have trouble latching, and more.

When it comes to treating oversupply, the first step is always to contact your local lactation consultant, breastfeeding counselor, or pediatrician. Moving forward with the support of one of or all three, you can begin methods that they suggest to give both you and baby relief.



*Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person
This institution is an equal opportunity provider*

Breastfeeding Positions



Cradle Hold

The cradle hold is one of the most common holds we see. Although common, it can be difficult to master with a newborn due to trying to move baby's head with your arm. Over time once baby's neck muscles become stronger, this can be a great hold for you.



Cross Cradle Hold

The cross cradle hold is a wonderful hold to start off with as it gives YOU control over baby's head and also helps to free up a hand if you need to use it. This is also a nice hold to do while sitting upright.



Football or Clutch Hold

The football or clutch hold is another really good one for newborns as it also gives you control of baby's head and a free hand. With this one it's important to make sure that baby isn't leaning too far forward. We want baby to be looking UP at the nipple and not tucking their chin in facing down.



Laid Back Hold

The laid back hold is most recommended right after giving birth. Being in this position allows baby to develop feeding reflexes and encourages them to find the breast on their own. This can also be a very comfortable position for you as well.

It's important to remember that these different breastfeeding positions are to be used as a guideline for you to follow, but that as long as both you and baby are comfortable and baby is removing milk effectively, that's what really matters.