

WORKING & BREASTFEEDING

Keeping up your milk supply

From 1-6 months, baby drinks the same amount of milk each day

Breastfed babies drink about 25-30 oz (750-900 mL) of milk per day. The average feeding is 3-4 oz (90-120 mL). Breastfed babies don't need more milk as they grow because their rate of growth slows down.



Breastfeed often

Remember, baby drinks the **same amount** each day. So with every extra breastfeed while you're together, baby needs 3-4 oz less pumped milk while you're apart.



The key to milk supply is number of milk removals per day

Breastfeeds + pumpings = Number of milk removals. Every woman has a "Magic Number" of daily milk removals that keeps her milk supply steady.



Keep baby close for night feeds

Fewer night feeds mean baby needs more milk during the day. If baby sleeps longer than 5-6 hours at night, sneak in some "dream feeds" when your baby is in a light sleep. Night feeds reduce the amount of pumped milk your baby needs while you're at work.

The average "Magic Number"

7

Yours may be more or less. If your milk supply drops, you can bring it back by breastfeeding or pumping more. You'll know you're at your "Magic Number" if your milk supply stays stable over time.

Know the facts

Drinking more fluids and eating lactation cookies **don't** boost supply.

Dropping feedings as your breastfeeding baby gets older may lower supply.



Expect less milk after baby starts on solids

It's normal for milk supply to drop gradually after 6 months. When baby starts eating **solid foods**, baby will need less milk, so this is fine. When you meet your baby's need for milk, all is well.