

# Challenge related supply dips

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- Some women experience a slight dip in milk supply upon day 2-5 of the challenge, which will typically return to normal by day 7-10 if water and demand are adequate. If the dip lasts beyond day 10 and all trouble shooting has produced no cause, Jordan will reach out to Miranda about possible caloric increase (this however is very rare)
- If you are experiencing a dip please message myself, Jordan Weber, via Facebook messenger for trouble shooting as soon as you realize there is an issue.
- Please don't expect to be able to maintain an oversupply, although it is often possible.
- Please do not expect to be able to maintain your full supply without increasing demand during a dip.
- The longest breasts should go at maximum without emptying is 6 hours, some women can maintain a supply going longer stretches this is not guaranteed.
- If you are EP you are "nursing" your pump, if supply decreases, the pump demand needs to increase as a baby's would.

# Establishing a good supply

- Establishing a good supply is very important. If you do not establish a good supply, with healthy emptying habits, you're at risk for constantly fighting a low supply.
- If you are pumping, the longest your breasts should go without being emptied is 4 hours at night. If you go 4 hours, you will need to make up the lost pump during the day time. Breasts should be emptied at minimum 7 times in 24 hours, more is better.
- If you are breastfeeding, please practice demand feeding as opposed to scheduled feeding. This allows baby to nurse as often as baby wants which may be 30 minutes-3.5 hours between sessions. It is completely normal for baby to cluster feed which may mean every 15 minutes for 2-3 hours, This is how your baby naturally increases supply, especially between the hours of 5-10pm. Many people suggest offering a bottle, however if you allow baby to do this, you will eventually make plenty of milk for baby at this time.

# Proper Flange sizing

- Flange sizing is very important. Proper flange sizing can increase output/ letdowns, decrease time pumping, and help with pain. Pumping should not be painful. If pumping is painful, there's likely a solvable issue. Pumping through pain can inhibit letdown reflex.
- There are self sizing rulers, pump consultant pages, and myself to help you find the right size. Flange sizing has no guarantees of increasing output, but if mom is able to EBF baby, but not make enough when separated this is a good option to explore.
- PUMP PARTS SHOULD BE REPLACED FREQUENTLY

# Being separated from your EBF baby

- Many mothers will return to work at some point in their nursing journey. If you have been EBF throughout babies nursing journey, there should be little need to supplement if maintaining good emptying habits, as well as, hydration and nutrition.
- There is no perfect number, however, you can expect majority of baby's to need a X amount of oz. To guesstimate this amount, take the hours separated (8) and multiply by 1.5. For a mother who has been gone 8 hours a good starting point would be to leave 12 oz with a caregiver. This is again an estimate. Baby may take more or less. I would start by leaving this amount in 3 oz bottles. **Please educate yourself and your caregiver on pace feeding and use the slowest nipple available for your bottles.** Babies fed with breastmilk need the same amount (about 24-30 oz) per day, for the entire first year. There is no need to increase bottle amount, nipple flow, or # of bottles with age as breastmilk changes in composition.

# Exclusive pumping

- Exclusive pumpers should aim to produce about 24-30 oz per day. If you see a decrease in supply, you must increase demand, regardless of how long you've been doing X pumps per day.
- Breastmilk is very easily digested. Increasing the amount given isn't recommended when baby is "still hungry" because it is still digested very quickly. It is more beneficial to offer smaller amounts more frequently. Breastmilk should be offered in 3-4 oz increments with the slowest nipple available. If you are worried that your baby is being overfed or offered too large of bottles, its okay to start slowly decreasing the amount.

# Hormonal Supply Dips

- There are times your supply may dip due to changes in hormone level. Things that may cause a hormonal shift include: the return and monthly time of your cycle, ovulation, going longer sessions without emptying your breasts, and the time around 3, 6, and 12 months postpartum.

# Things that decrease affect supply

- Decreased demand
- Hormones/ Birth control
- Stress
- Inadequate hydration ( WATER IS VITAL)
- Inadequate nutrition
- Pregnancy
- Breast surgeries
- PCOS/ thyroid issues
- Breastfeeding supplements

# Ways to increase supply

- Increase demand. This doesn't always mean one pump session- it can mean 2-3 and power pumps.
- DRINK WATER, breastmilk is mostly comprised of water. Even if you haven't had to drink a ton before, maybe you do now.
- Eat all your meals on plan.
- Check flange size
- If your cycle has returned take a 2:1 calcium magnesium supplement during your cycle.
- Continue your prenatal.