



**Public Health**  
Prevent. Promote. Protect.

# **HOCKING COUNTY HEALTH DEPARTMENT**

**350 State Route 664 North ~ Logan, Ohio 43138**  
**Phone 740-385-3030 Fax 740-385-2252**

The Hocking County Health Department continues to celebrate breastfeeding awareness this month! With this in mind, the main reason why most moms stop breastfeeding is that they feel like they aren't producing enough breast milk. In honor of this observance, we would like to provide moms of Hocking County with some tips for producing more breast milk when breastfeeding their children.

- 1) Breastfeed or pump more frequently at about 10-12 times a day. The best way to make more milk is to empty the breasts more often.
- 2) Nurse your baby at the earliest signs of hunger such as, small movements after deep sleep, stretching, bringing hands to face, turning his/her head to search for breast (rooting).
- 3) Make sure your baby is positioned well. His/her mouth should be wide open with the tip of your nipple in the back of his throat. He/she should be directly facing you (navel to navel), ear lobe in-line with the shoulder and hips, and his/her chin should be buried in your breast.
- 4) Let your baby end the feeding by letting go of the breast or falling asleep. Then, burp him/her and offer the other breast.
- 5) Avoid pacifiers, formula, and water bottles. These plastic nipples cause nipple confusion, increasing the likelihood of your baby to not want to latch to your breast. Water should not be offered to your baby until solid foods are introduced at 6 months of age.
- 6) Most babies like to nurse more frequently at a specific time of the day. Nurse as often as possible during this period.
- 7) Offer both breasts at each feeding. If your baby still seems hungry, offer both breasts again.
- 8) Wake your baby to nurse if he/she sleeps longer than 4 hours.
- 9) Get plenty of skin-to-skin contact with your baby. Place your baby, dressed only in a diaper, between your bare breasts or against his/her father's bare chest. This encourages a sleepy baby to wake and search for the breast.
- 10) Sleep close to your baby. Keep the baby's crib or bassinet close to where you sleep. This way, you can hear and see your baby for feeding cues throughout the night.
- 11) Pump after you breastfeed. Even if you don't get any milk, you'll cause your body to make more milk. You may only get a few drops this is OK.
- 12) Take your baby with you and nurse everywhere. Ohio law says you have the right to breastfeed in public.
- 13) Take care of yourself. Sleep when your baby sleeps and make easy meals such as, soup and sandwiches



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- 14) Consider eating oatmeal on a daily basis to help encourage an increase in milk supply.
- 15) Don't delay in asking for help if you need it. Call the Hocking County WIC office at (740)385-3030 ext.229, La Leche League (740)274-0835 or a Lactation Counselor.

Know that breastfed babies eat more frequently (about every hour and a half to two hours) because they eat small, frequent meals. Breast milk is in a very simple form that allows babies to absorb all nutrients at a very easy and fast rate. There is also a hormone in breast milk that gives the baby a feeling of fullness so they know when they've had enough. Formula does not provide this hormone. The fourth week is where the baby will start to cluster feed. This is NORMAL. The baby is having a growth spurt and will need more feedings. Many moms mistake this as the baby using them as a pacifier...this is not the case.