

Information for breastfeeding families

Breastmilk Over-supply



Do you feel like you have more milk than your baby can drink? Does your baby have frequent, green, loose stools? Is weight gain faster than average? Does your baby appear to be in pain or pass excessive gas? That could be breastmilk over-supply.

Or does your baby gulp and sputter during feedings, pull off the nipple choking, arch or become agitated while feeding? This could be over-active let-down reflex.

Reduce breastmilk supply

- ✓ Sage or jasmine tea. Begin with $\frac{1}{2}$ cup tea daily and increase gradually until results are seen
 - ✓ Peppermint tea 2-4 cups per day until results are seen
 - ✓ Peppermint candies (Altoids, Starlight mints, York Peppermint Patties, etc)
 - ✓ Discontinue any pumping if possible or if necessary pump only to relieve fullness, not to empty the breast
 - ✓ Breastfeed on one breast per feeding, alternating breasts, or:
 - ✓ Block feed: feed only from one breast for several feedings in a row (hand express or pump for relief only on the other breast)
 - ✓ In resistant cases your healthcare provider may prescribe birth control pills for 4-6 days or 600 mg of B₆ (pyridoxine) per day
- ✓ Discontinue treatment as soon as you see your milk supply begin to decrease!***

Control the let-down reflex

- ✓ Position your baby in upright position (straddle hold or sitting football hold) while leaning back



- ✓ Use laid back positioning, with baby on top
- ✓ Elicit let-down before putting baby to breast with hand simulation or breast pump
- ✓ Compress your breast firmly with your fingers on top and bottom. This compresses about $\frac{1}{2}$ of your milk ducts. Release after the first burst of milk is over.
- ✓ Interrupt feeding to burp baby frequently

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