

Have Enough Breastmilk?



Take this short quiz and find out.

- 1** My body can make a lot of breastmilk even if my mom or sister say they didn't have enough breastmilk?

Yes No

- 2** Almost all moms make all the breastmilk their baby needs:

Yes No

- 3** My 2-week-old baby eats every 1-2 hours. Can my baby be getting enough to eat?

Yes No

- 4** My baby is 4 weeks old and my breasts don't feel full when she is hungry. Is my body still making enough breastmilk?

Yes No

- 5** Giving only breastmilk to my baby during the first few months of life will help make sure I have enough breastmilk:

Yes No

Over ►

*If you answered Yes to all of the questions,
you are right!*

- 1 The breastmilk your body makes is not related to the amount of breastmilk any women in your family can make.
- 2 Almost all moms are able to make plenty of breastmilk for their baby! There are only a few problems that some women have that make them not able to make enough breastmilk.
- 3 In the first month of your baby's life, breastfeeding often is very important. Breastfeed at least 10-12 times a day. Your baby digests breastmilk a lot easier and faster than formula. She needs to eat often!
- 4 Your baby and your body learn to control the amount of breastmilk you make. Your breasts may not feel full each time the baby needs to eat, unless you miss a feeding.
- 5 During the first few months of breastfeeding, your body needs to know that your breastmilk is being used. If you think you need to give your baby anything other than breastmilk (for any reason), ask your WIC staff.

Have enough breastmilk? Of course you do! Trust your baby and your body! Your breastmilk is the best gift only you can give your baby.

Please talk to your friendly WIC staff if you have any questions about breastfeeding: