

PROBLEM SOLVING: LOW MILK PRODUCTION

LEVEL 3 HANDOUT: LOW MILK PRODUCTION SUMMARY

Issue	Causes	Areas of Assessment	Questions to Ask	Tips/Solutions	When to Refer
<p>Delayed Milk Production</p>	<ul style="list-style-type: none"> ▪ Birth experience (long labor, C-section delivery). ▪ Retained placenta. ▪ Medical conditions (e.g., diabetes, obesity, hormonal concerns, breast surgery). 	<ul style="list-style-type: none"> ▪ Timing of the first breastfeed and frequency of feedings. ▪ Medical conditions of the mother. ▪ Mother’s birth experience. ▪ Breastfeeding experience. ▪ Postpartum bleeding. ▪ Baby’s weight patterns in the early days. ▪ Jaundice. ▪ Baby’s behaviors (e.g., lethargy, fussiness). 	<ul style="list-style-type: none"> ▪ Tell me more about why you believe your milk production has not increased. ▪ Tell me about your birth experience. How long did your labor last and how did you deliver your baby? ▪ How did things go in the first few days? ▪ What breastfeeding concerns do you have? ▪ How does your baby act most of the time? ▪ Tell me about any continued heavy bleeding you might be experiencing. 	<ul style="list-style-type: none"> ▪ Give anticipatory guidance on the normal course of lactation and practices to help establish production. ▪ Encourage frequent feedings or express milk 8-12 times in 24 hours. ▪ Show the mother other positions for breastfeeding. 	<ul style="list-style-type: none"> ▪ Refer to DBE for further assessment if: <ul style="list-style-type: none"> • Mom reports physiological conditions that could affect long-term production. • Baby needs to be supplemented with an alternative feeding device. • Mom needs a breast pump. ▪ Refer to healthcare provider if: <ul style="list-style-type: none"> • Mom reports heavy bleeding, low milk production. • Mom has untreated medical conditions. • Baby is at risk of inadequate growth. ▪ Refer to peer counselor for ongoing support.

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<p>Low Milk Production</p>	<ul style="list-style-type: none"> ▪ Ineffective milk removal due to: <ul style="list-style-type: none"> • Baby has weak suck. • Baby has congenital issues (e.g., heart problem). • Mom is engorged. • Ineffective use of breast pump. ▪ Supplements. ▪ Certain medications (including contraceptives with estrogen) or herbal supplements. ▪ Smoking. ▪ Prior breast surgery. ▪ Subsequent pregnancy. ▪ Insufficient glandular tissue. ▪ Hormonal conditions (e.g., PCOS, hypothyroidism). 	<ul style="list-style-type: none"> ▪ Signs of perceived milk insufficiency vs. true low milk production. ▪ Medical conditions. ▪ Prior surgeries on the breast. ▪ Health practices (e.g., smoking, excessive alcohol use). ▪ Baby's weight patterns. ▪ Breastfeeding frequency. ▪ Supplementation. 	<ul style="list-style-type: none"> ▪ Why do you believe you are not making enough milk? ▪ What are others telling you about how much milk you are making? ▪ What else does your baby receive besides your milk? How often? ▪ How do your breasts feel before and after feedings? ▪ What was your baby's birth weight at 2 weeks? ▪ What is your healthcare provider telling you about your baby's growth? ▪ Are you or your baby facing any medical conditions? ▪ What did your healthcare provider say about any medications (including contraceptives) you are taking while breastfeeding? 	<ul style="list-style-type: none"> ▪ Rule #1: Feed the baby. ▪ Rule #2: Protect milk production. ▪ Rule #3: Address causes of low milk production. ▪ Assign appropriate food package tailored to provide minimal formula to meet baby's nutritional needs. 	<ul style="list-style-type: none"> ▪ Refer to DBE for further assessment if: <ul style="list-style-type: none"> • Mom does not feel breast changes occurred. • Mom reports hormonal conditions or breast issues (e.g., flat/inverted nipple, hypoplastic breasts) • Baby is not stooling or gaining weight appropriately. • Baby has a suspected tongue tie or other sucking/feeding anomaly. • Mom wishes to increase her milk production after experiencing a decline in production. ▪ Refer to healthcare provider if: <ul style="list-style-type: none"> • Baby has not regained birth weight by 2 weeks. • Baby has medical problems affecting the ability to transfer milk. • Baby is at risk for inadequate growth. • Mom reports symptoms of mastitis or breast abscess. • Mom has a hormonal condition that is compromising production.