

34–36 weeks

Making enough milk • Breastfeeding & returning to work • Planning for labor





Making enough milk

2–3 days after delivery

Two-to-three days after delivery, your milk will change. In addition to your colostrum (first milk), your mature milk will also be coming in. Your breasts may feel full and heavy.

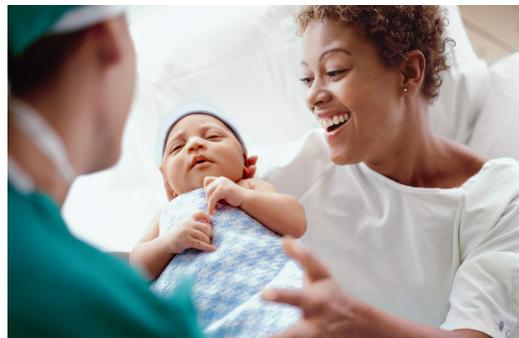
4–6 weeks

By 4–6 weeks, your body will adjust to producing the right amount of milk. Your breasts may not feel full like before. Don't worry — there is still enough milk in there! As long as your baby is gaining enough weight, then your body is making enough milk.

Exclusive breastfeeding is encouraged. Formula use may diminish the benefits of breastfeeding, increase chances of developing certain conditions, such as allergies and diabetes, and decrease milk supply. *Even just one bottle of formula can decrease the chance of successful breastfeeding; therefore, formula supplementation is only recommended when there is a medical reason.*

Questions for your healthcare provider:

- How will I know if my baby is getting enough milk?
- What is the best way to maintain a good milk supply?



Breastfeeding & returning to work

You may be planning on returning to work soon after the birth of your baby and are concerned about how you will continue to breastfeed. Don't worry! With some advanced planning, you can combine work with breastfeeding. Going back to work doesn't have to be the end of breastfeeding.

Breastfeeding benefits do not end when mom goes back to work. In fact, breastfeeding keeps you connected to your baby, even when you are away. Your job benefits, too. It has been proven that working mothers who breastfeed require less time off for sick babies.

Questions for your healthcare provider:

- I am planning on returning to work. Do I have any rights as a new, breastfeeding mother?
- If I am going back to work, how can I best prepare myself to continue breastfeeding while working?





Planning for labor

For most women, the contractions of labor can be an uncomfortable experience. Managing this discomfort and staying relaxed and calm improve your labor experience and help promote good labor progress. Attending a birth class can equip you with many helpful tips and tricks on managing the discomfort of labor with or without medications, and can better help you make an informed decision about what will work best for you and your partner. We support whatever method you choose to help you with labor.

Questions for your healthcare provider:

- Where are birth classes offered? When should I take one?
- What are my pain management options in labor?



