

# making milk

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a resource for parents, (formerly titled 'Mother's Milk, Babies Choice'), created by Saskatchewan parents and health care professionals with special thanks to the mothers at Motherhood YXE and breastfeeding peer supporters at the Saskatoon Mothers' Centre



## GOING WITH THE FLOW...

### 6 weeks to 6 months

'*Making Milk*' is a series of pamphlets available in printable digital format via QR access below or can be found on the Saskatoon Breastfeeding Matters website. With valuable feedback from professionals and parents like you, the series includes basic current information about breastfeeding and providing human milk for your new baby from the first days to first steps and beyond.

**Phase Three: '6 Weeks to 6 Months'** explores the next phase as baby transitions from a newborn to taking in more of the world!

*See links throughout for more information!*

The terms breastfeeding and mother may be used. However, we acknowledge that individuals may prefer the term chestfeeding parent rather than breastfeeding mother. We also understand that birthing parents can include cisgendered women, transgendered men and a non-binary persons. Caregivers will want to use affirming language when providing care. Please let your caregiver know how you would like to be addressed.

If you or your baby have unique circumstances or challenges, additional support and information may be needed. Talk to your Health Care Provider or Board Certified Lactation Consultant.

*Congratulations!*

scan here for digital access to all phases



## MOTHER NATURE'S SUPERPOWER!

Breastfeeding reduces the risk of obesity & diabetes for you and your baby

Breastfeeding improves your metabolic fitness in the same way as regular exercise

Breastfeeding can improve your health if you have had blood sugar problems, if you are pre-diabetic or diabetic

Breastfeeding can reduce your risk of breast & ovarian cancers, particularly if you have a family history of breast cancer



## WHAT CAN I EXPECT...

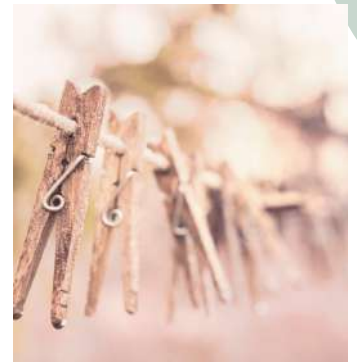
Breastfeeding becomes easier as baby gets older. Baby learns how to feed more quickly. Stomach size has increased to the size of a large egg and baby can take larger feeds.

*Babies feed more frequently during predictable growth spurts around 6 weeks, 3 months & 6 months*

Follow your baby. Feeding often is nature's way of increasing your milk supply to meet your baby's needs. This can be a challenging time but growth spurts usually last just a few days. Soothers and bottles may interfere with this natural process. After a few days, your milk supply will readjust as the demand is reduced.

Your baby will want to stay near you. Sleeping in the same room as your baby and using baby-carrying slings, wraps, or carriers are helpful ways to keep your baby close.

*Talking to another nursing parent can help as they have experienced these changes too...  
A mom group or La Leche League are good places to find support*



## IT'S OK TO ASK FOR HELP

*Invite others to support you when baby is needing frequent feeds...*

- shopping and preparing foods for you to eat
- doing household chores and child care
- support you to feed your baby during the night
- bath, change and burp the baby
- carry, rock, talk and sing to the baby
- massage your neck and back during a feeding
- acknowledge that breastfeeding is work and value your time and commitment to breastfeeding



*Breastfeeding at night is an important way to maintain your supply and keep baby gaining weight well*



## BEFORE INTRODUCING FORMULA...

- Am I getting enough rest?
- Have I learned to breastfeed lying down?
- Am I getting enough help with child care, meals and household work?
- Am I afraid to breastfeed baby in public?
- Is breastfeeding the real source of the problem?
- Will it be less work to find the help I need to continue breastfeeding or to find the money to buy formula?
- How can I give my baby as much breastmilk as possible if I introduce formula?

*If you are considering introducing infant formula or want to quit breastfeeding... review the risks so you can make an informed decision*



*Immunization Schedule starts at TWO months of age  
Book your baby's wellness check and immunization at your local Public Health Office*



## BE INFORMED

Breastmilk fed babies are protected from environmental germs by antibodies mom makes and passes back to baby. As well, mom will share antibodies to infectious diseases she has been immunized against.

Breastmilk fed babies are *less likely* to suffer from diarrhea, ear infections, coughs, colds, asthma, allergies, overweight & obesity, diabetes, some childhood cancers or be at risk for more serious infections, anemia, and sudden infant death syndrome than formula fed babies.

Breastmilk helps seal and protect baby's immature gut with living cells that promote normal gut flora.

Formula fed babies are at higher risk for allergies to cow's milk protein or soya making expensive special formulas necessary.




**Have Questions?**  
Local, National and International information for parents is found on the resources page @ [saskatoonbreastfeedingmatters.ca](http://saskatoonbreastfeedingmatters.ca)

