

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? Does he gain weight faster than average? Does he appear to be in pain or pass excessive gas? That is breastmilk over-supply.

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

Reduce breastmilk supply

- ✓ Sage or jasmine tea. Begin with ½ 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
- ✓ Apply cabbage treatment 2-3 times per day for 15-30 minutes for 1-2 days or until breasts soften. *(avoid if allergic to sulfa or a rash develops)*
 - Wash chilled green cabbage leaves
 - Score the surface to release juices
 - Wrap leaves around breast; your bra will hold them in place
 - Wear for 20-30 minutes 2-3 times per day
- ✓ Take birth control pills for 4-6 days in resistant cases (consult with your healthcare provider)
- ✓ Take Vitamin B₆ (pyridoxine) 600 mg per day in resistant cases (consult with your healthcare provider)

✓ 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 Australian hold (mother lying on back with baby positioned on top)
- ✓ Elicit let-down before putting baby to breast with hand simulation or breast pump for 2-3 minutes
- ✓ Compress your breast firmly with your fingers on top and bottom. This compresses about ½ of your milk ducts. Release after the first burst of milk is over.
- ✓ Interrupt feeding to burp baby frequently

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