

Grab n Go: Milk supply – do I have too much?

Welcome

Acknowledgement of country

Housekeeping

- WHS information
- Exits, toilets & baby change protocols
- Name tags and attendance
-

Code of ethics & other relevant ABA documents

- Example:

ABA has a Code of Ethics which guides the way we as volunteers conduct ourselves. These guidelines protect us as an Association and also those we come in contact with. Some of the clauses of our Code of ethics are particularly relevant to our group activities.

Firstly, we won't tell you what to do in your situation. We'll offer information and suggestions about how to manage breastfeeding and we'll support you in your breastfeeding or parenting decisions. We offer this support to you regardless of who you are or what your situation is. We value privacy, so what we share today, and your details in our attendance record, are kept confidential.

In relation to our topic today, In ABA it's important that we aren't seen to promote or criticise a particular product or service. So you'll notice that we speak generally rather than specifically if we're talking about a product and we ask that you do the same. Our Code of Ethics is on our website and I'm happy to answer any questions you may have about it.

Outline of what will happen today (if newcomers present)

-

Group news & announcements

-
-

Icebreaker activity

- What food do you not mind having too much of?
- A general question from [Icebreaker activities](#)

How to use this session plan: For a short and relaxed 'Connect & Share' session, use the highlighted questions and follow the interests and needs of those present. Use extra questions or combine this topic with another supply topic for a longer Info & Chat session if desired.

Topic introduction

In the early days some mums make more milk than their baby can cope with. Over time this usually settles down but sometimes it doesn't. Today we're going to talk about some of these 'too much' situations and get some tips for managing them.

*Why might a mum feel as if she has too much milk?

- continued engorgement
- breasts refill quickly
- fast milk flow; baby gags or gulps
- leaking breasts
- baby putting on a lot of weight
- lots of poos
- baby cries a lot
- baby vomits a lot

- It can be normal to make too much milk in the early weeks – this isn't an 'oversupply',
- Milk supply can take some weeks to settle down to making just the right amount for your baby

*Has anyone experienced a feeling of having too much milk? What did you do to help?

- feed according to baby's need; baby may only need one breast per feed
- express only for comfort
- avoid / limit use of silicone milk catcher
- check for and manage engorgement
- cold packs after feeds
- limit 'comfort' sucking

For a fast let-down

- feed in laid-back position so baby is feeding against gravity
- express a little before feeding to trigger let-down and allow fast flow to ease
- start feeding but remove baby once you feel the let-down, allow fast flow to ease

Who's experienced leaking breasts? What helps?

- leaking breasts are a sign that breasts are making milk; it usually eases but can continue
- some mums don't leak much – leaking isn't a guide to how much milk you are making
- breast pads (describe generally)
- avoid using a silicone milk catcher to collect leaking milk if supply is 'too much'. Milk catchers may remove too much and continue the supply issue
- at night, mattress protector or folded towel can keep you and your bed dry
- you can stop leaking milk by pressing firmly on nipple; avoid doing this often

Some babies vomit a lot. What can we do about this?

- This happens because babies spend a lot of time lying down, have a liquid diet and a short oesophagus. As well, the muscle at the top of the stomach, which closes off the stomach from the oesophagus, is not yet strong in babies.
- many babies bring up some milk after a feed but aren't distressed – '[Simple reflux](#)' vs '[reflux disease](#)'
- feed with baby in a more upright position
- after feeds, keep baby upright and still
- try smaller feeds more often – less pressure on the muscle at the top of the stomach
- or baby may do better having larger feeds less often as reflux episodes are worse just after a feed
- offer one side at a feed (if you also have a large supply)
- when changing your baby's nappy, keep baby's head higher than their body and roll baby's bottom sideways rather than lift it up.

*What can we do if we continue to make too much milk?

- offer one breast per feed; express other breast only for comfort
- offer the same breast again if baby doesn't settle or needs more
- express only for comfort; avoid using a milk catcher
- try spacing feeds out a little more; carry baby upright between feeds to comfort
- use other soothing or settling techniques
- offer baby a clean finger to suck on or a dummy (if attachment is well-established)
- use 'block feeding' **only as a last measure** when other techniques aren't helping. Block feeding can reduce supply quickly; only use for a few days and preferably with lactation supervision

Lactose overload

Refer to this information to answer questions. This isn't a discussion question.

- may be the result of an oversupply in mum
- explanation at <https://www.breastfeeding.asn.au/resources/lactose-overload>
- constantly crying, unsettled baby
- takes large amounts of breastmilk
- larger numbers of wet nappies, poos
- poos may be green and frothy or explosive
- take steps to reduce oversupply as above
- seek support for managing crying baby and coping with stress

Closing

- Brief summary of main points
- Relevant website articles, podcasts etc
- Referral to counsellors, Helpline, LiveChat
- Membership promotion
- Upcoming group activities

Resources

Website articles

- [Too much milk in the early weeks](#)
- [Engorgement after the first week](#)
- [Leaking breasts](#)
- [Fast flow](#)
- [Oversupply](#)
- [Bringing up milk](#)
- [Lactose overload in babies](#)

ABA booklets (volunteer)

- [Breastfeeding: and your supply](#)

Revision history

Revision	Date	Description of modifications
1	Sept 2022	Original. Based on 2013 Group Discussion Notes: Supply and demand: getting it right for you baby

Approved by: Senior Manager, Training and Education

Milk supply: Do I have too much? – Your resources

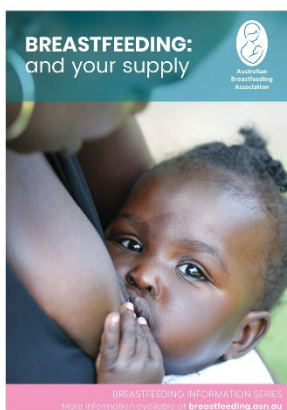


Website articles

- Engorgement after the first week
- Leaking breasts
- Fast flow
- Oversupply
- Bringing up milk
- Lactose overload in babies

Breastfeeding: and your supply

ABA booklet – download now



Breastfeeding... naturally

Over 200 pages of must-have information.
Your gift with ABA membership

