

Breastfeeding and Too Much Milk

It may seem like a good thing to have more milk than your baby needs, but many mothers and babies struggle when there is too much milk. Babies may be gassy, spit up or get fussy during and after breastfeeding. Mothers may have breast pain or develop infections.

Tips to Reduce Milk Supply

- Slowly decrease the number of times you pump
- Try not to pump unless your baby is getting a bottle
- If you must pump to relieve pressure or pain, pump just enough to be comfortable – Do **NOT** completely empty your breasts
- Reduce or stop products that contain fenugreek, blessed thistle, moringa, shatavari, or goat's rue
 - These herbs may be found in cookies, smoothies, and teas made for breastfeeding mothers
- For mothers who only pump, reduce how often and how long you are pumping
 - For example, if you pump every 3 hours, try to pump every 4 hours
 - If you pump for 15 minutes, try to pump for only 10 minutes
 - You can also try to decrease the amount of milk you pump
 - For example, if you normally pump 10 oz at a time, try stopping at 9 oz for a few days and then 8 oz, etc. until the amount you pump is closer to the amount your baby drinks each day
 - Make changes slowly to avoid pain and infection

Feeding Tips

- Change feeding position
 - Keep baby's head above their belly
 - Try lying back in a recliner or propping yourself up with pillows so that baby is on top of the breast instead of under it
- Compress the breast during the first few minutes of feeding
 - Cup the breast in your hand and put firm pressure downwards or back towards your chest
 - This will slow down the milk while it is heaviest and fastest
 - Slowly release the pressure as baby's suck is more relaxed
 - Do not apply pressure during the whole feeding or you may develop breast pain or plugged milk ducts
- If your baby is not able to keep up with the flow of milk, use your finger in the corner of their mouth to remove them from the breast
 - Let milk flow into a towel or collect in a bottle
 - Once milk flow slows, place baby back on the breast
 - If baby is fussy or sleepy, try burping before returning to the breast
- Offer one breast per feeding
 - Offer the opposite breast the next time baby wakes to feed
 - The fullness will send a message to make less milk
 - If needed, pump to comfort only as your body adjusts
- If baby is fussy after feeding and has bright green poop or mucous in their poop, try gently massaging your breasts before feeding
 - You can also try rolling the breasts between your two hands
 - This helps mix the milk, so your baby gets more of the higher fat milk during their feeding

If the tips above don't help bring down your milk supply or if you have problems along the way such as breast pain or infections, please call the Breastfeeding and Pumping Hotline (816) 346-1309.

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