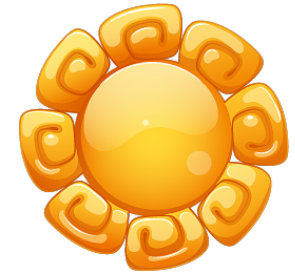


The Womanly Art of Breastfeeding

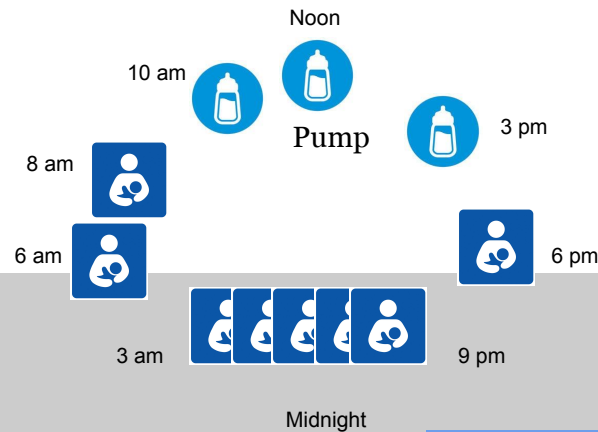
8th edition, chapter 14
is the source of this information
and much more.

Visit <LLL.org/toolkit> to
download pdf's for your
daycare provider about milk
handling/storage as well as
paced bottle feeding.

A Day in the life of a Pumping Mother



Your baby may need about six 2 ounce containers
if you are away for nine hours. Feedings of 2-4
ounces are normal and the volume does not
increase much for breastfed babies after about six
weeks of age.



Nursing between midnight and 6am can
help you maintain your milk production
because prolactin levels are higher.

It's important to
breastfeed often when
you're with your baby.

(Many short nursings are worth more to your milk supply than a
few forty-minutes-on-the-couch sessions.)

Every baby, every breast, and every situation is unique. This information is given as an approach that works for many mothers. Only you know what works best for your family. If you have questions or concerns please contact a La Leche League Leader.

LLLoFNE.org