



IMPORTANT

- Ensure frequent feeds.
- Feed one breast only/feed.
- Try different positions for feeding.
- Babies will be able to accommodate the flow as they grow and mature.

Breastfeeding

Forceful Milk Letdown Reflex

What is forceful milk letdown reflex?

- The letdown reflex is a term that describes the release of breast milk from the breasts.
- When the mother has a very strong letdown (sometimes accompanied by an overabundant supply of milk), young babies can have difficulty coping with the rapid flow of milk.

What are the signs and symptoms?

- The baby may click, choke, cough or struggle at the breast shortly after beginning the feed.
- The baby may come off the breast and cry, but still be hungry and want to relatch.
- The baby may be fussy following feeds, as they can swallow excessive air.

What can you do?

- Ensure your baby is feeding frequently; the flow of milk is less intense with more frequent feedings, making feeds more manageable for the baby.
- Feed on one breast only at each feeding, if baby is content with this technique. If the second breast becomes uncomfortably full, express just enough milk to decrease the tension in the breast. At the next feed, ensure that you begin the feed on the side that wasn't fed on previously.
- It may sometimes be helpful to offer the same breast several times in a row if the baby is cluster feeding; you may start by feeding on the same breast for 2-3 hours, gradually increasing this time as necessary.
- Breastfeed your baby before he/she is fully awake and crying; watch for early hunger cues as baby will suckle more gently than if he/she is very hungry.
- You can try having your baby's head higher than the rest of his/her body. Positions that have found to be helpful include your baby straddling

your leg, your leaning back as in a reclining chair, side lying, your lying flat on your back with the baby lying on top of you.

- Burp the baby frequently.
- Most babies will be able to accommodate the flow of mother's milk as they grow and mature. They may return to feeding at both breasts and begin to do some comfort nursing. Watch for your baby's cues.