



Breastfeeding
Committee
for Saskatchewan

www.thebcs.ca/

IMPORTANT

- Ensure frequent feeds.
- Burp frequently.
- Try different positions for feeds
- Babies will be able to accommodate the milk flow as they grow and mature.

For further information contact:

Local Public Health Nurse

*IBCLC (International Board
Certified Lactation Consultant)*

La Leche League

Sask Health Line 811

Breastfeeding Forceful Letdown (Too Much Milk Too Fast)

What is a forceful letdown?

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

What are the signs and symptoms?

- Baby may click, choke, cough or struggle at the breast shortly after beginning the feed.
- Baby may come off and cry, but still be hungry and want to re-latch.
- Baby may spit up very often or be fussy following feeds, as they can swallow excessive air.

What can you do?

- To help baby deal with the fast flow of milk, try having baby's head higher than the rest of his/her body. Positions that have been helpful include your baby straddling your leg, leaning back in a reclining chair, you lying flat on your back with the baby lying on top of you. If baby is struggling with the fast flow, remove baby from the breast, allow milk flow to subside then re-latch.
- Ensure your baby is feeding frequently; the flow of milk is less intense with more frequent feedings. Watch for early hunger cues as baby will suck more gently than if he/she is very hungry. Burp your baby frequently.
- It may be helpful to "block feed" (i.e. offer the same breast several times in a row). Start by feeding on the same breast for 3 hours. After 3 hours, you can switch to the other breast. If the second breast becomes uncomfortably full, express just enough milk for comfort. As soon as your supply has adjusted, stop block feeding. *If your baby is not gaining well, consult experienced help before trying block feeding.
- Most babies will be able to accommodate the milk flow as they grow and mature.