



Breastfeeding Committee
for Saskatchewan

www.thebcs.ca

Saskatchewan Lactation Consultant
Association Webpage:
www.skslca.com

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

International Board Certified
Lactation Consultant (IBCLC)

Local breastfeeding support
Group

Saskatchewan HealthLine 811

Breastfeeding: Forceful Letdown (Milk Ejection Reflex)

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 excess air.

What can you do?

If baby is struggling with the fast flow, remove baby from the breast, allow milk flow to run into a blanket or towel and re-latch once it slows down.

Try having baby upright or recline so your milk has to flow “uphill” to baby instead of downhill with gravity helping. Positions that have been helpful include:

- your baby straddling your leg, facing you as if riding a horse
- you leaning back in a reclining chair
- you lying flat on your back with the baby lying on top of you

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 often.



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It may be helpful to “block feed” which is offering 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 expert help from an IBCLC before trying block feeding.

Most babies will be able to accommodate the fast milk flow as they grow and mature.

Avoid extra breast stimulation such as pumping, hand expressing, or running a shower on them for a long time. The more milk that comes out, the more you make. If you get uncomfortably full, take just enough milk off for comfort.

Most moms find that their milk supply and fast letdown settle by 8-12 weeks postpartum as their milk supply regulates more to baby's needs.

For more information:

Kellymom website – Forceful Letdown

<https://kellymom.com/bf/got-milk/supply-worries/fast-letdown/>

La Leche League – Oversupply

<https://www.llli.org/breastfeeding-info/oversupply/>

