

Preparation for Lactation

www.secondnaturelactation.com

What can I expect?

Every person is different. You may notice breast tenderness in the first trimester, and that your areola become larger and darker. Breasts may increase in size in the last months.

Immediately postpartum, your baby will take colostrum from your breasts until your milk comes in. When milk arrives, usually around day 3, your breasts may become engorged.

As your body and baby begin to harmonize, your breasts will lighten and you will make about the same amount of milk per day; anywhere from 24-36 ounce from roughly 4 weeks to 6 months.

The spectrum if normal is vast, so your experience will vary from what is mentioned above!

Resources

www.secondnaturelactation.com, look under "resources" for lots of info!

l11i.org

kellymom.com

How do I prepare?

Comprehensive childbirth and lactation classes will help you to become acquainted with your body and what to expect. Attending La Leche League, or other peer support meetings, while pregnant also provides the opportunity to learn from others. Watching videos of breast/chest feeding and asking you friends to share positive stories of their lactation journey will lift confidence and normalize the experience.

Remember, breastfeeding is a learned behavior!

Set up a prenatal meeting with a Lactation Consultant to discuss your needs. You will then know who to call should you need additional support.

