



# An Abundant Milk Supply with Excess Skim Milk and a Fussy Baby

The composition of breast milk changes during a feeding. The **foremilk**, the first milk with let down, is higher in fluid and carbohydrates (sugar). As baby starts to drain the breast, the milk increases in fat and calories (**hindmilk**). This is comparable to skim milk changing to cream.

In the early days and weeks, some moms find that nursing briefly on both sides, without completely draining the breasts, may result in a high milk volume or supply. Baby may be gaining well, but may be fussy, gassy, and wants to eat "all the time." Most likely baby is getting lots of foremilk and little hindmilk. The sugar in the excess foremilk ferments to cause gas and frequent explosive stools. The foremilk moves through baby quickly, so baby feels hungry again soon. On the contrary, after getting more high fat and calorie hindmilk, baby feels satisfied for longer periods of time.

In general, common signs of excessive foremilk may include:

- Breasts leak or have plugged ducts / mastitis
- Baby
  - chokes and sputters during nursing due to the heavy stream or sprays of milk.
  - pulls off the breast during let down due to the gushing of milk into their mouth.
  - is gassy and fussy with explosive, green, watery stools.

An abundant milk supply may be avoided or lessened by completely draining at least one breast with each feeding, usually by doing one-sided nursings once milk comes in around day 3-5.

You are not restricting the number of feedings, but rather picking which breast to offer, in an attempt to drain the breast completely, decrease volume, increase intake of fat and calories and decrease plugged ducts and possible mastitis.

If the pattern of too much milk is apparent, it may be helped by doing the following:

1. Before baby's first feeding in the morning, **pump both breasts**. Then offer baby **BOTH** breasts. This completely empties your breasts once per day and enables baby to have a feeding of only hindmilk.
2. For the next 3 hours, offer only baby's **favorite breast**, which likely produces more milk.  
If baby wants to nurse again before the time is up, **offer only that breast**.
3. After 3 hours, when baby wants to nurse, offer the **other** breast.  
Again, if baby wants to nurse again before the time is up, **offer only that breast**.

**If the "resting" breast gets too full during the 3 idle hours, you can pump it, but only to soften.**

**Note the time that you first nurse on a side and use that time as the start of that side.**

If less than 3 hours have passed since you **STARTED** nursing on that side, offer the same side.

If more than 3 hours have passed, switch to the other breast.

**Don't ever skip a side.** If baby sleeps longer at night, always offer the other side and then start the 3 hour countdown.

Some moms notice an immediate change in their baby's behavior when starting this system. Others notice that symptoms worsen for a few days and then improve. Some moms also find that they need to lengthen the amount of time to 4 hours or more on one side or may need to pump both breasts twice per day instead of just once.

Adapted from MilkWorks