

REGULATING SUPPLY

The key fact is that milk is not being stored in a bank, and is not there later if it isn't used now. If 'saved up' for later, Mum's body has a system whereby it makes less later, and thus if the supply is to be enhanced, expressing some into a storage system (plastic bags in the freezer, for emergencies – when baby is starving and Mum hasn't returned home yet), is a marvellous way to do it, as is offering the breasts more often. This is with Mum relinquishing other unnecessary occupations like washing and cooking. Sleeping after eating highly nutritious protein snacks, and drinking copious quantities of liquids is invaluable.

Breast feeding is what the breasts were designed for. They produce as much milk as is required, in the formulation the baby needs. The composition of premature baby milk is very different from that for a full term or a year old infant. Similarly, when Mum is exposed to a new virus/bacteria, her body goes into production, supplying the antibodies through the milk, to counteract this for her baby. Breast milk from a well nourished, well rested mother is the ideal nutrient for a fast growing baby, whose brain is developing very rapidly (see Appendix 2 p253).

When lactating, what Mum has for breakfast comes around for late afternoon/tea time feeds, and explains why so many babies are extremely distressed and colicky then (p 202) – their digestions are inherently weak, and weakest in the late afternoon, (p 59) as that is when ALL body yang retreats, exhausted for its nightly recharge. What Mum ate in haste is the most likely reactive meal for baby, as healthy digestion is and rushed women don't match up. Going back to back to old eating habits, and eating what is easiest – toast and cereal

- and possibly orange juice/oranges - DON'T - does not make good quality milk (where is the fat and the protein) and the gluten issue features hugely in all infants' ill health. (Consult a naturopath, not medical/dietitian's advice here).

If there is a **lessening in supply, or an increase in demand** - quite often at the 6 week mark baby does a growth spurt- so possibly have extra from engorgement days stored away in the freezer for then - see p 238).

Putting baby to the breast more frequently will build the supply rapidly. NEVER TRY TO MAKE BABY 'HOLD OUT' for a specific time, until refuelling. **Breast milk is very easily digested, and baby goes through regular growth surges**, sometimes needing more, more often.

If there appears to be temporarily too much milk - baby feeling a bit unwell? It may pay to siphon some off, (freezer storage) to ensure the body knows to make the same quantity for when baby is back to normal. **What is not used is a liability to future supply - there is no internal milk bank.**

RECIPE FOR BREAST MILK

REST, AND PEACEFUL Demeanour - unhurried approach.

HIGH PROTEIN SNACKS - not three meals daily, but every time baby eats, Mum does too - for nourishment, not comfort.

PLENTY OF FLUIDS - far more than she is used to, and not waiting until Mum is thirsty - all the wet nappies are recycled fluids, and started with Mum's drinking habits.

EXTRA VITAMIN B, preferably taken half a tablet with every snack/meal.