

Mother Knows Breast:

Helping Moms Gain Confidence
in their Milk Production

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Every Mother, Inc







The Baby She Ordered



The Baby She Got



Perceived Milk Insufficiency



> Half Received NO Help
After Discharge



Why Moms Doubt

Can't SEE What Baby Gets



Triggered by Baby Behaviors



Desire for Help



Family Pressure



Low Pumping Yield



Don't Know the
Impact of
Supplements

Formula Discharge Bags



Discharge Teaching

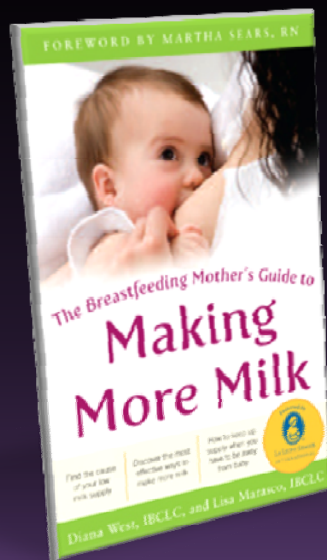


Metaphor for Milk Production



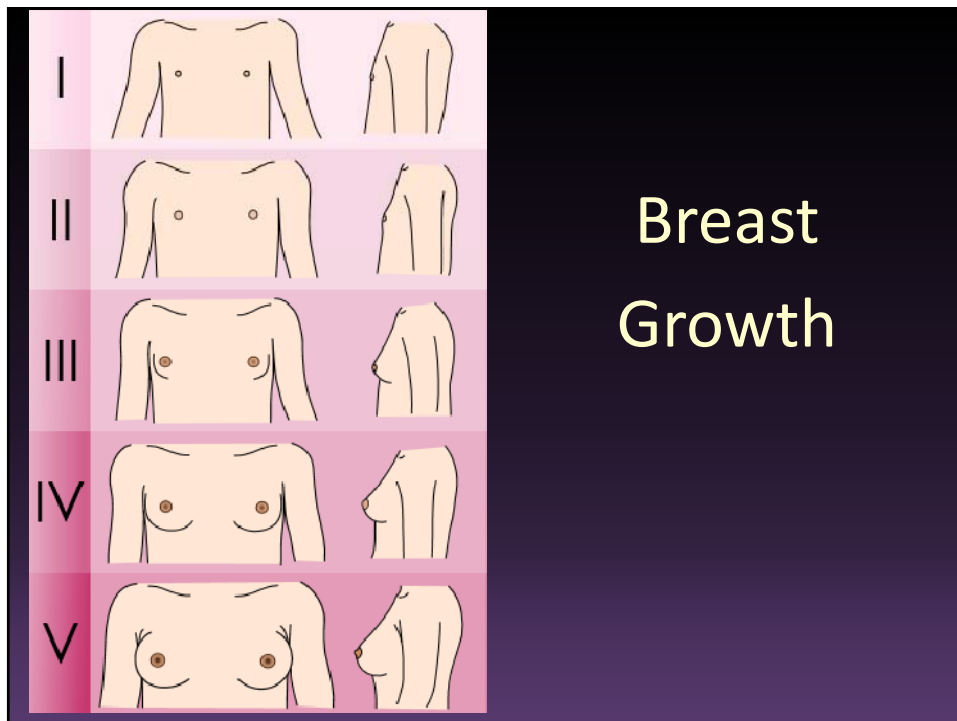
Milk Production Review

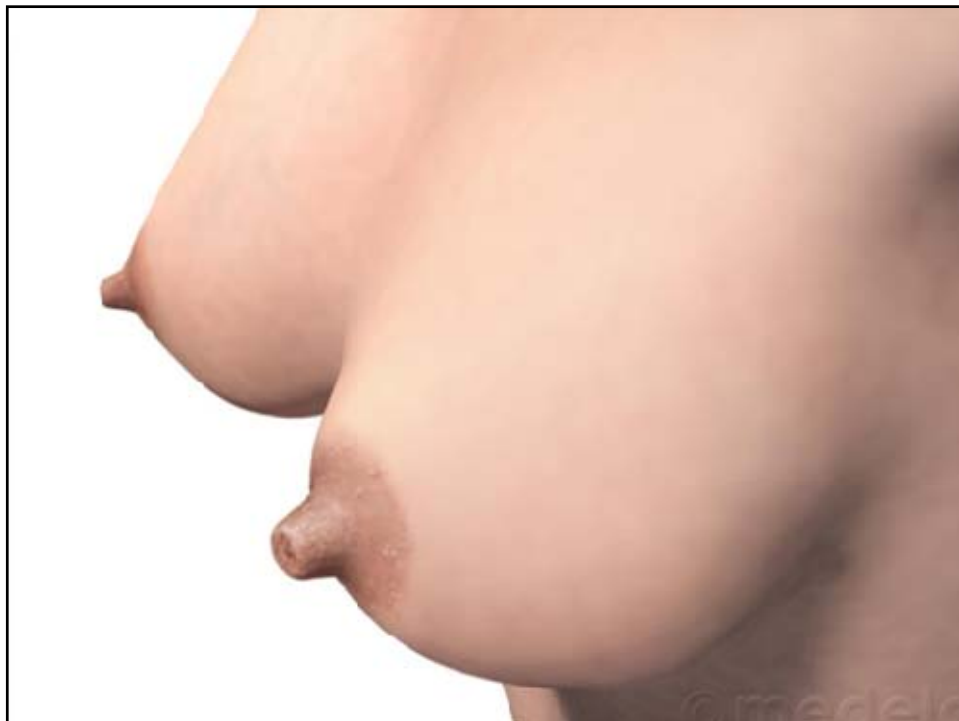
Prevention vs. Repair

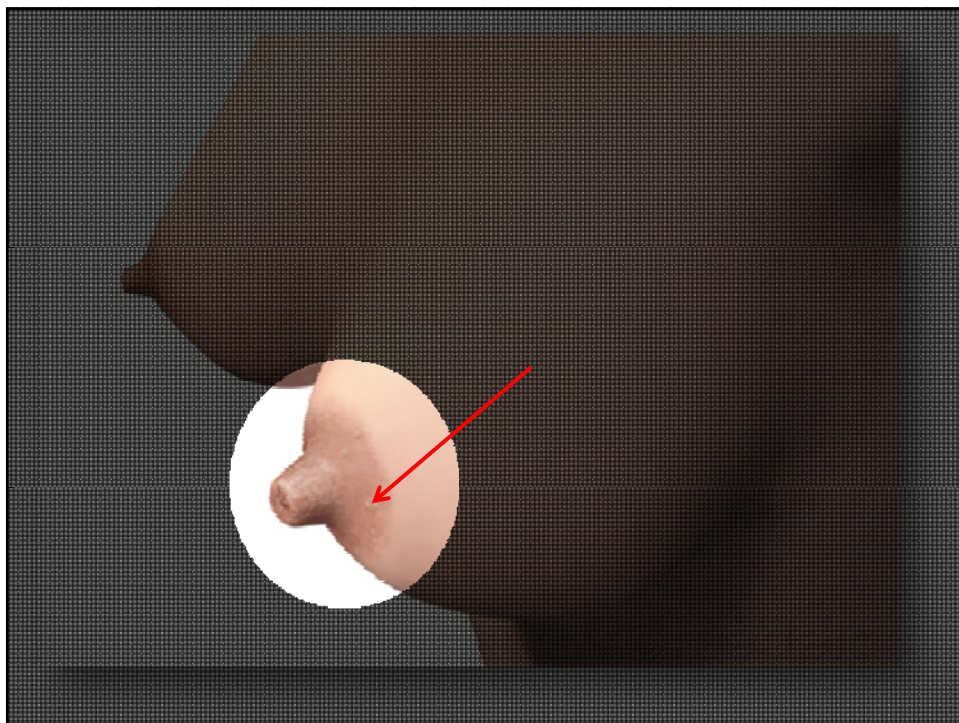
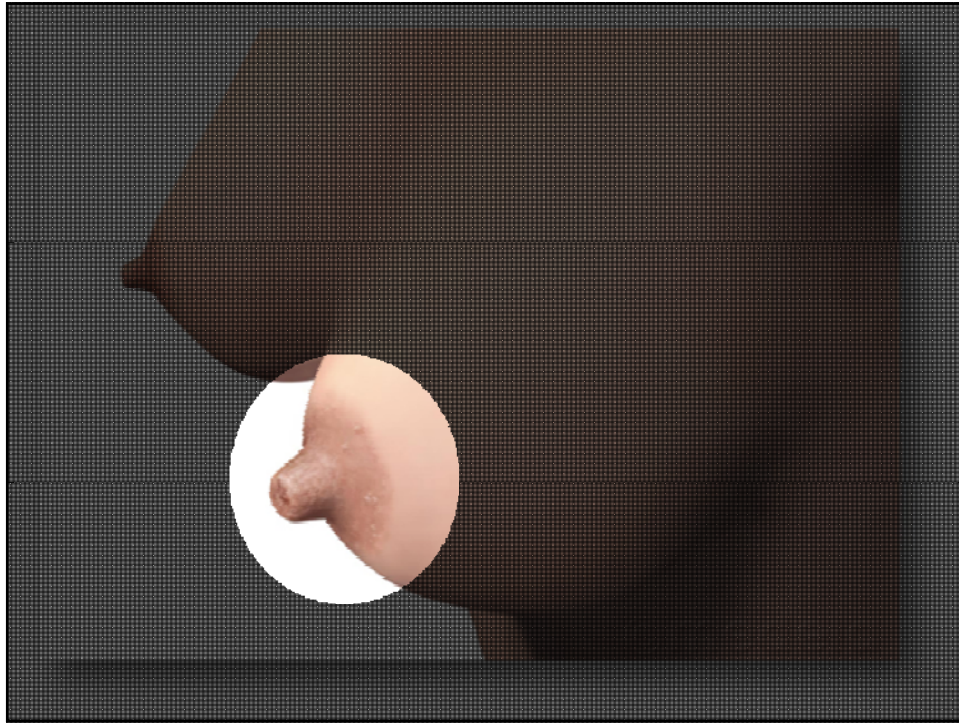


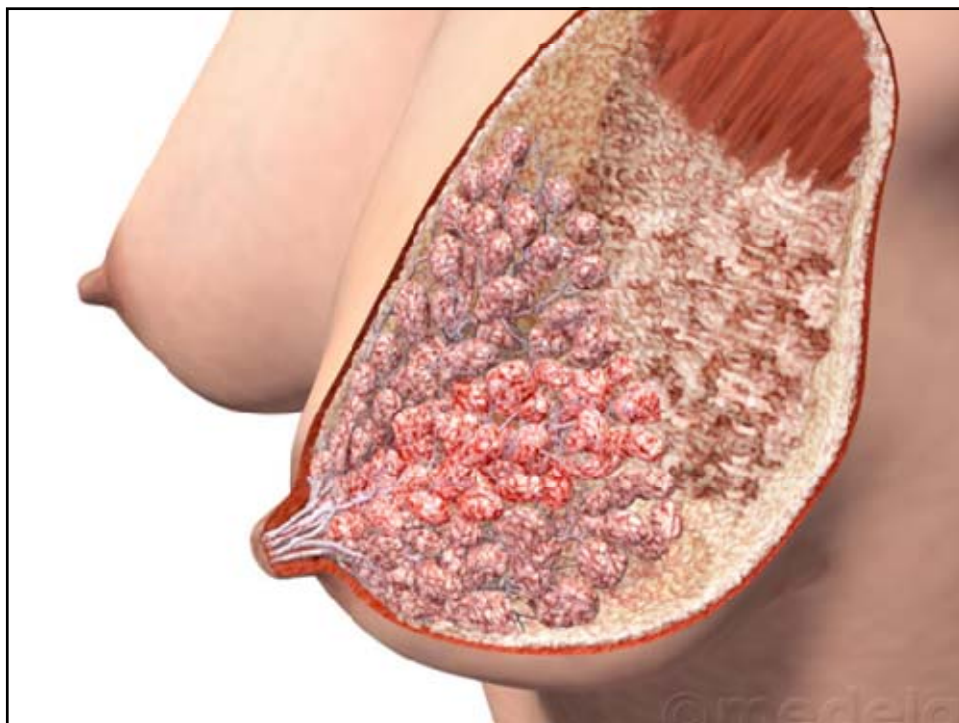
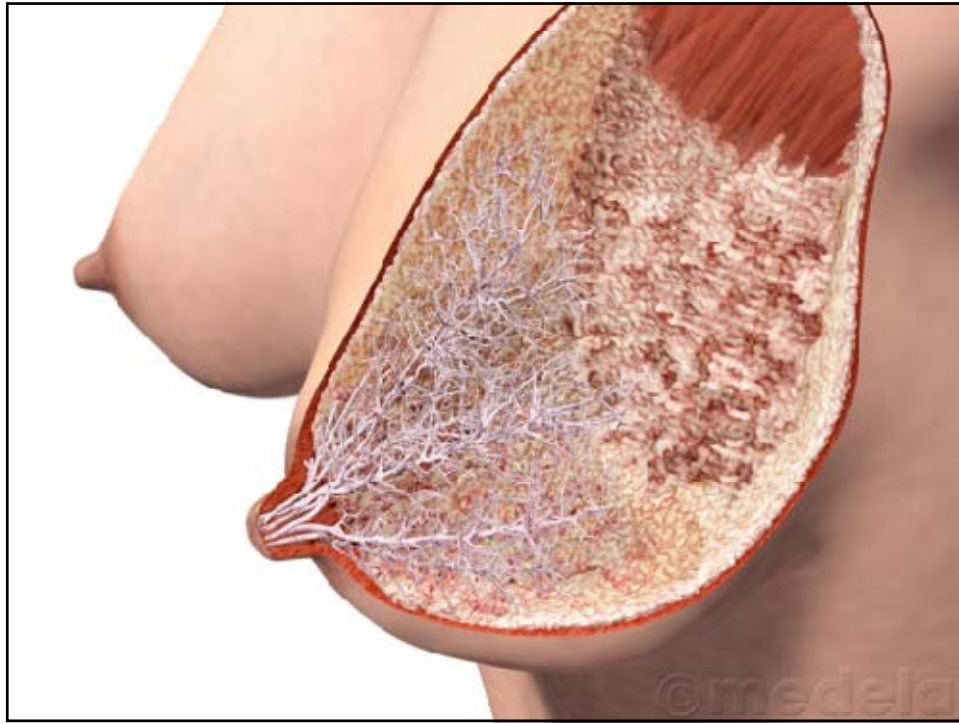
West D & Marasco L.
*The Breastfeeding Mother's
Guide to Making More Milk,*
2009.

Formula for Success











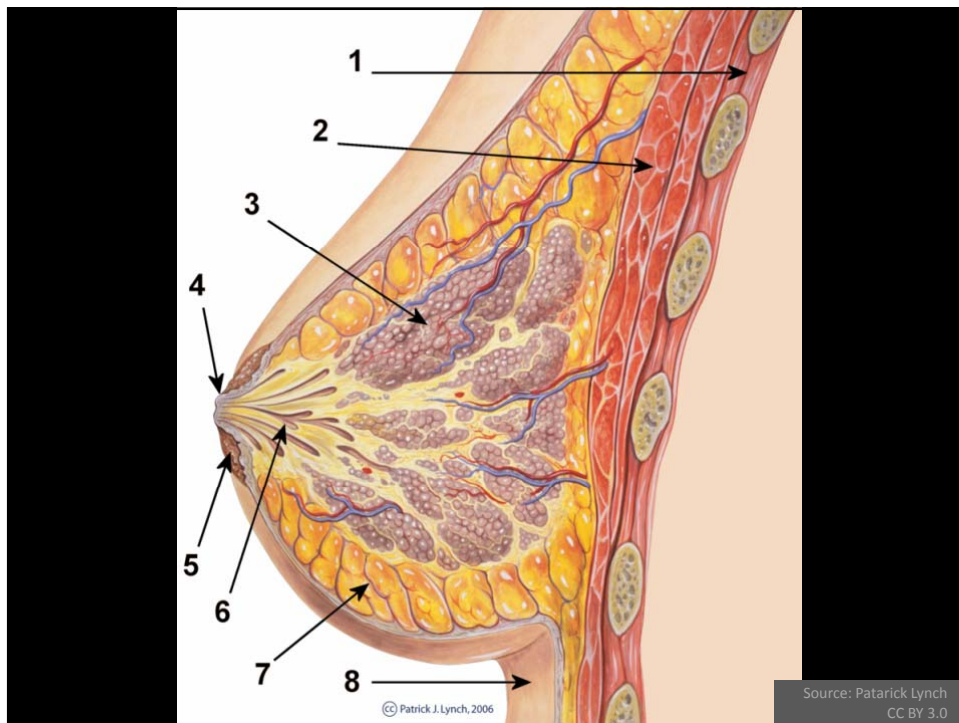
Breast Models



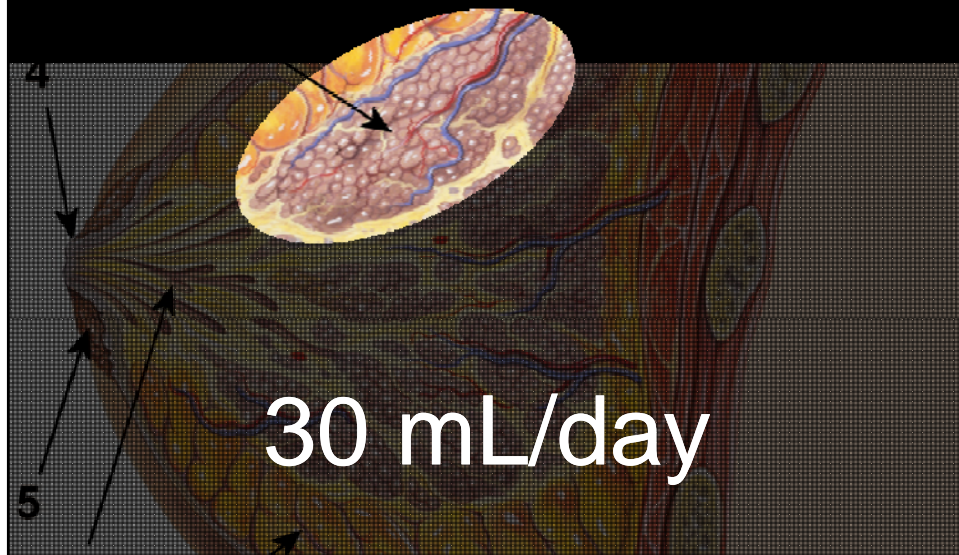
Storage Containers



800 ml/24 hours



Secretory Activity Begins



Leaking is Normal



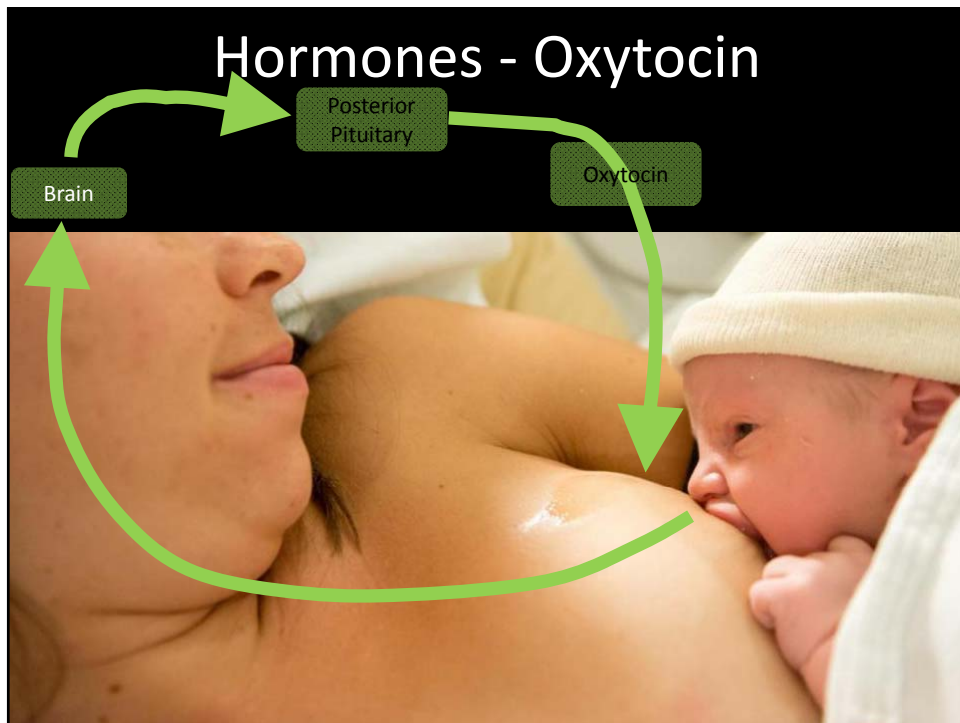
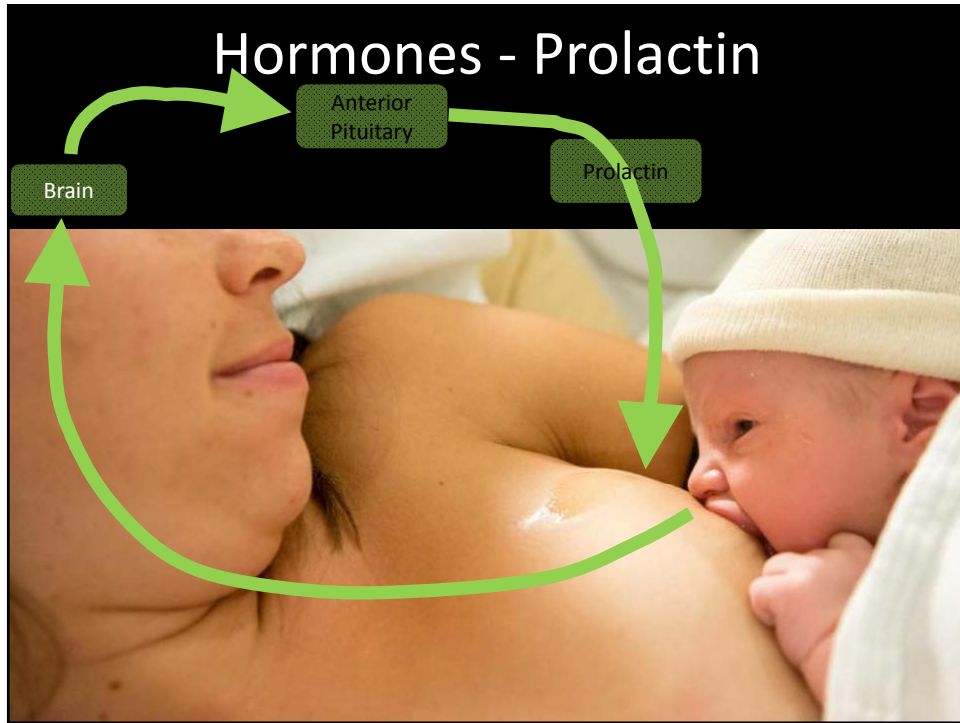
Colostrum





Lactation Hormones



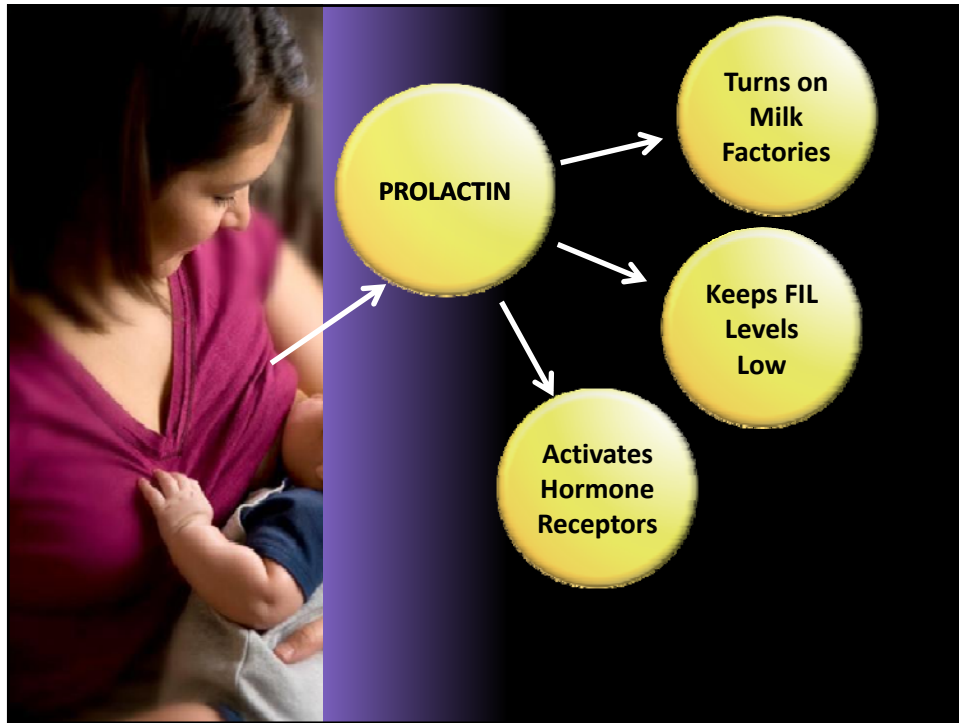




Milk Removal Drives the Process

**8 or
more
in 24**

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more
in 24**



What Interferes

Busy Mom – Missing Feedings



Supplements





Some Herbs



Tobacco



Alcohol



Antihistamines



Birth Control



Pregnancy



Visual Tools to Build Confidence



Weigh the Baby



Assess Latch



Talking with Moms

Before Pregnancy



During Pregnancy



Early Days Postpartum



Beyond the Hospital



