



Care Plan for Managing Overproduction and Overactive Letdown

When a mother has overproduction, she is making a very large amount of milk. It may be a problem if baby is only getting the foremilk and not enough hind milk. This can make him gassy and uncomfortable. The hind milk contains more fat and helps him to feel full and sleep longer. It also helps him to grow. Mothers with overproduction may also have a strong "letdown" due to a large amount of milk coming out forcefully.

Care Plan Goals:

- Maintain appropriate weight gain for baby
- Provide strategies for increasing baby's ability to breastfeed comfortably
- Provide strategies for managing mother's fullness

Signs that Baby is having difficulty with mother's overproduction and/or overactive letdown:

- Detaches from your breast, gulps, chokes, coughs, or leaks milk from his mouth during the first few minutes of breastfeeding when milk is letting down
- Bites down on your nipple while feeding
- May hear his stomach churning or gurgling during your letdown
- You may hear clicking noises during feedings
- Stools are greenish, mucous, explosive
- Spits up, is gassy, has signs of digestive discomfort during or between feedings
- Weight gain is very high or low

Signs that Mother might be experiencing overproduction and/or overactive letdown:

- Feel pain or discomfort with the force of letdown
- Have uncomfortable fullness in your breasts between normal feeding intervals
- Experience recurrent plugged ducts or mastitis

Suggestions to manage overproduction and/or overactive letdown:

- Try breastfeeding on one breast per feeding. Express some milk from the other breast just for comfort if needed. Alternate to that breast at the next feeding. Continue alternating one breast per feeding for several days while your milk production reduces.
- Return to feeding on both sides once your production has regulated.

Helping your baby manage the flow of your milk:

- If your baby chokes or detaches during your letdown, you can:
 - Detach baby while your letdown is occurring, letting it spray into a towel, then relatch baby.
 - Hand express your milk or pump until just after the flow has slowed and then latch your baby on.
- Position your baby in upright positions at the breast, with head higher than hips, or using a more laid back breastfeeding position.
- Burp baby as often as needed, including mid-feeding.

Note: If your baby continues to have difficulty managing your milk flow after following these suggestions, speak with a lactation consultant. Some babies are having difficulty due to other breastfeeding issues. You may read about "block feeding" on the Internet. Block feeding can significantly reduce your milk production and may not be helpful in your particular situation. Call the TriHealth Breastfeeding Helpline (513 862 7867).