

Remember

Oversupply is usually temporary and with gentle adjustments most babies and parents find feeding becomes calmer and more comfortable.

When to seek support

- Feeding is painful
- Baby is very unsettled or not gaining weight well
- You develop breast pain, redness or flu-like symptoms
- You feel overwhelmed or worried about feeding
- The basic advice isn't helping and you need more advanced assistance

The Gentle Latch



INFANT FEEDING AND
TONGUE TIE SERVICE

Oversupply of Milk

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What is Oversupply?

Oversupply means your body is making **more milk than your baby needs**. While having plenty of milk can sound positive, too much milk can sometimes make feeding uncomfortable for both parent and baby.

Oversupply is common in the early weeks and often improves with time and support.

Signs of oversupply

For baby

- Choking, coughing or spluttering during feeds
- Pulling on and off the breast
- Gulping or clicking sounds
- Windy, unsettled behaviour after feeds
- Frequent green or frothy stools

For parent

- Very full or leaking breasts
- Strong or fast let-down
- Recurrent blocked ducts or mastitis
- Baby struggling to stay latched

Why does it happen?

Oversupply can happen because:

- Milk supply is still regulating in early weeks
- Frequent pumping or expressing increases supply
- Baby is not able to manage fast milk flow
- Hormonal or individual differences in milk production

The focus is to manage milk flow comfortably

This may include:

- Improving positioning and latch
- Using more upright feeding positions
- Allowing baby to take breaks during feeds
- Supporting responsive feeding rather than timed feeding
- Reducing unnecessary pumping where appropriate

Helpful tips at home

- Feed in a **laid-back or upright position**
 - Let the first fast flow settle before latching baby if needed
 - Offer one breast per feed unless baby clearly wants more
 - Avoid expressing, especially large amounts unless for comfort, until supply has regulated
 - Burp baby regularly during feeds
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