



LA LECHE LEAGUE
CANADA

Why do some babies feed more often than others?

1

Different breasts store DIFFERENT amounts of milk.

Breast **SIZE** does **NOT** affect how much milk a breast stores.

If your breasts store **LESS** milk, your baby may feed **MORE** often.



Baby
may take
BOTH breasts
at many
feedings.

If your breasts store **MORE** milk, your baby may feed **LESS** often.



Baby
may take
ONE breast
or **BOTH** at
feedings.

2

Milk production is often HIGHEST in the middle of the night and LOWEST in the evenings. Some babies feed **MORE** often in the evenings. This is common.



3

Some babies feed QUICKLY and some feed SLOWLY. The length of a feeding does not determine how much milk a baby drinks. Feedings often get **FASTER** as babies get older.

Follow your baby's signs for when and how long to feed.