



## Human Milk Feeding FAQs

Human milk is vital to infant care and provides numerous health benefits for both the baby and the mother or birthing person. Find answers to common questions below that can enhance your feeding journey and promote the well-being of both you and your baby.

### How can I get my baby to latch properly?

The correct positioning is a comfortable position. You and your baby will have unique and individual needs when breastfeeding or chestfeeding. If you are not experiencing pain or discomfort during breastfeeding or chestfeeding and your baby is having adequate weight gain, that indicates a good latch.

### How often should I breastfeed or chestfeed per day?

On-demand breastfeeding or chestfeeding means feeding your baby as often as they want to be fed. Typically, babies will feed between 8–12 times in 24 hours. However, there are some babies who will feed more often than this. There is no schedule for breastfeeding or chestfeeding, and no two days will look the same. Feeding on demand will take advantage of your baby's natural ability to regulate their calories and get the right amount of milk.

### What can I do to increase my milk supply?

On-demand (or feeding on baby's cue) breastfeeding or chestfeeding typically maintains adequate milk supply for your baby. Consult with a lactation specialist to determine and manage if your milk supply is low or if there is an oversupply.

### Outpatient Lactation Center

5725 W. Las Positas Boulevard  
Suites 230 and 235  
Pleasanton, CA 94588

tel: 925-416-3598

### Website

[shc.is/maternity](https://shc.is/maternity)



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## How do I know if my baby is hungry or full?

If your baby is hungry, your baby will show you their feeding cues: Licking their lips, sticking their tongue out, making smacking sounds, rooting (turning their head and opening their mouth), trying to suck on their hands or fingers, and crying. If your baby is full, their sucking may slow down, and they may turn away from the breast, chest, or bottle. When your baby is full, they will be content; you will see a calm, relaxed, and happy baby.

## Should I avoid eating or drinking certain things while breastfeeding or chestfeeding?

In general, you do not need to limit or avoid specific foods while breastfeeding or chestfeeding. You are encouraged to eat a well-rounded and diverse diet consisting of fruits, vegetables, grains, and protein. However, certain types of seafood should be consumed in limited amounts. Some mothers or nursing parents may wish to restrict caffeine while breastfeeding or chestfeeding. Recommendations can be reviewed on the CDC website: [shc.is/maternal-diet](https://shc.is/maternal-diet)

## What should I do if breastfeeding or chestfeeding irritates my nipples?

Irritation to your nipples can be due to a variety of reasons. Please reach out to our lactation center to schedule a phone, video, or in-person appointment with a lactation consultant to help determine the cause of your nipple irritation.

## What do I do about feedings if I'm ill?

Current evidence suggests that human milk is not likely to spread a virus to babies. If you are sick and choose to breastfeed or chestfeed, you should wash your hands before feeding and wear a mask while feeding and whenever you are within 6 feet of your baby.

## Additional Support

### Prenatal Breastfeeding/Chestfeeding Class

Taught by a certified lactation consultant, this class will provide you with information and tips to start a good foundation for your breastfeeding or chestfeeding journey.

To register for one of our classes, please visit [shc.is/maternity-events](https://shc.is/maternity-events) or call **925-416-3598**.

### Outpatient Lactation Center

Our International Board Certified Lactation Consultants are here to help you meet your human milk feeding goals. We are here for you before, during, and after your hospital stay. Our consultants also work closely with your pediatrician to ensure your little one is gaining weight in line with recommended guidelines.

You can schedule a private consultation by calling **925-416-3598**. Consultations are available Monday–Friday, 9 a.m.–5 p.m.



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