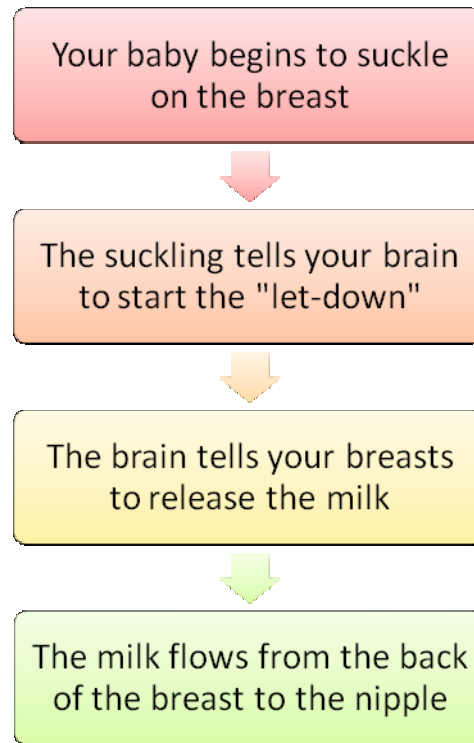


BREASTFEEDING

The Let-Down

What is the Let-Down?



The Signs of the Let-Down

The signs of the let-down are different for each woman.
Some women feel no sensation.

Some signs of the let-down are:

Cramping in the uterus
Brief prick/tingle
Slight pain in the breast
Sudden feeling that the breasts are heavier
Milk drips from the breast that is not being used

- Once the milk starts to flow, the baby will suckle deeply, you will hear some swallowing, and the feedings won't be painful.
- Each baby feeds differently: some slower, some faster. Some feedings may take longer than others.
- It is a good idea to let your baby decide when the feeding is over. The baby will let go and pull back when he is done.