



Forceful Letdown

Forceful letdown is when your milk flows very fast at the beginning of a feeding.

You may see these signs for baby

- choking or coughing early in the feeding or with letdown
- refusing the breast
- crying, arching or pulling off with letdown
- biting during the feeding
- hard to settle after feeding
- spits up often and is gassy
- has a shallow latch to slow the flow of milk

You may see these signs for mom

- breasts spray milk
- sore nipples from baby biting
- discomfort or pain with letdown

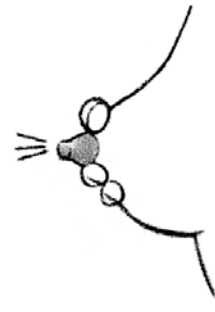
What to do

Try different positions:

- hold baby upright
- side lying
- lean back after latching



- feed baby with early feeding cues or when drowsy
- take baby off the breast if the baby chokes or coughs
- let the milk spray (or catch it in a container) until it slows, then offer the breast again
- wait until baby is calm before re-latching
- burp baby frequently
- offer second side if baby still seems hungry
- avoid missing feedings or giving formula



How long before this gets better?

- Be patient, forceful letdown may take a few weeks to improve. It gets better as baby gets older.
- If you need more help ask your public health nurse, lactation consultant or other health care provider.

**Vancouver Coastal Health is committed to helping women successfully breastfeed.
Please call your local Public Health Unit for additional information.**

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**Other information on parenting are available
at your local Community Health Office/Centre
or online at <http://vch.eduhealth.ca>**

You can get further information about breastfeeding from:

Public Health Nurse or Community Dietitian
at Vancouver Coastal Health..... www.vch.ca
Baby's Best Chance..... www.healthyfamiliesbc.ca/parenting
VCH Parenting Website<http://parenting.vch.ca/>
HealthLinkBC8-1-1
Translation services are available in 130 languages..... www.healthlinkbc.ca

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