

WHY DO MY BREASTS PRODUCE DIFFERENT AMOUNTS OF MILK?

Firstly, do not worry, this is totally normal. Many find that the right breast produces more milk than the left. You will also find that your baby has a preferred side and therefore will suck more effectively, resulting in taking in more milk which will increase the supply. This is the same if you exclusively pump for the same amount of time from each breast, one will always make more, and each feel different.

To be honest, you don't need to do anything. However, if this is bothering you, you could start feeding from the breast that produces the least to see if this helps. If this makes no difference, don't be alarmed as this is all perfectly normal.

If you believe your breast is feeling empty it is important not to squeeze your nipple to see if there is more milk, there will be when doing this, as right behind the nipple is a tiny reserve which will release just a few drops. Instead, with a flat hand, rub down from the top of your breast to the nipple, and work all the way around your breast.

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