



THE BREASTFEEDING CONFIDENCE BLUEPRINT

**A STEP-BY-STEP PLAN TO PROTECT,
INCREASE AND TRUST YOUR MILK SUPPLY**

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The Breastfeeding Confidence

Blueprint

A Step-by-Step Plan to Protect, Increase
and Trust Your Milk Supply By

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Introduction

If you are reading this, you are likely worried about your milk supply. Maybe your baby is feeding constantly. Maybe your breasts feel softer. Maybe someone has made you doubt your body. I want you to pause for a minute. Most mothers who believe they have low milk supply actually do not. This blueprint will help you understand what is normal, identify

real supply concerns, and increase milk production confidently and safely.

Section 1: Understanding Low Milk

Supply Milk production works on supply and demand. The more milk removed, the more milk your body produces.

Common signs that are often mistaken
for low supply:

- Frequent feeding
- Fussiness in the evening
 - Softer breasts
- Lower pump output True low supply

usually presents as:

- Poor weight gain

- Fewer than 6 wet nappies daily after
early weeks
- Persistent lethargy.

Always assess calmly before assuming a
problem.

Section 2: The 5 Foundations of Strong Milk Supply

1. Frequent Milk Removal – Aim for 8–12 feeds in 24 hours during early months.
2. Effective Latch – Wide mouth, chin touching breast, minimal pain.
3. Protect Night Feeds – Prolactin peaks overnight.
4. Skin-to-Skin Contact – Stimulates oxytocin and let-down.

5. Adequate Nutrition & Hydration – Eat balanced meals and drink regularly.

Consistency builds supply. Intensity alone does not.

Section 3: The 7-Day Milk Supply

Reset

Plan Days 1–3:

- Feed every 2–3 hours minimum

- Add 1–2 pumping sessions daily
- Increase skin-to-skin contact
- Hydrate intentionally

Days 4–7: •

Continue frequent feeds

- Add one daily power pumping session:

Pump 20 min → Rest 10 → Pump 10 →

Rest 10 → Pump 10

Most mothers notice improvement within
5–7 days when consistent.

Section 4: Mistakes That Reduce Milk Supply

- Supplementing without proper
assessment
- Long gaps between feeds
 - Ignoring painful latch
- Severe calorie restriction

- Chronic unmanaged stress Confidence and calm consistency are essential.

Section 5: Growth spurts & Cluster

Feeding Common growth spurts occur around

- 2–3 weeks
- 6 weeks
- 3 months Cluster feeding during these phases is normal and helps increase

supply. It does not mean your milk is insufficient.

Section 6: When to Seek Professional Support

Seek professional guidance if:

- Baby is not gaining weight
- Severe pain persists
- Tongue-tie is suspected

- Hormonal or medical concerns exist

Early support prevents long-term difficulties.

Final Words Breastfeeding is a learning process for both you and your baby.

Difficulty does not mean failure. With frequent milk removal, proper latch, and steady consistency, your body can respond and increase supply. You are

capable. You are learning. You are doing
important work. You are not alone.

We pride in breastfeeding.