

## When does my milk come in?

The exact day that your milk comes in may vary slightly from mom to mom. With each sequential birth, the milk will often come in sooner. Rest assured that the highly concentrated milk, colostrum, that your body is making prior to the arrival of your mature milk is typically just enough for optimal growth.

A few factors that could delay the onset of mature milk include:

- Traumatic birth
- Fluid retention (significant swelling)
- Premature infants
- Other medical diagnoses

Most first time moms with rather uneventful births can anticipate their milk “coming in” or transitioning from colostrum to mature milk around day four. Often times, the night before the milk comes in is a rough one, as babies will cluster feed and seem unsatisfied.

Remember that this is purposeful, as our bodies work off supply and demand, and the more the baby is at the breast, the sooner the milk will respond. Also try to remind yourself that it does eventually level out.

Hang in there during this phase and keep your eye on output, which is often the best indicator of milk supply and adequate growth.