

# THE THREE STAGES



Sucking In A

## BREASTFEEDING BABY



1

'Let down'  
of the  
milk

- Strong and rapid sucks to let down the milk
- Nerves close to the nipple are triggered to release oxytocin
- Milk starts flowing in around a minute or two

2

Active  
feeding

- Deep and rhythmic sucks as the ducts fill with milk
- Babies suck once or twice and follow it with swallowing
- Babies may rest for a minute between feeds

3

Flutter  
sucking

- Milk volume decreases and becomes rich in fat
- Slow sucks with fewer swallows
- This may be a type of comfort nursing
- Babies may fall asleep or stop nursing and leave the breast



### REFERENCES

1. Completing A Breastfeeding Assessment; UNICEF