



“More Milk Please”

Good for you!

You are giving your baby your priceless milk.

Some ways to increase your milk supply:

- √ Nurse more often
- √ Use good position and latch
- √ “Empty” the breasts with each feeding
- √ Avoid giving formula and/or using pacifiers
- √ Get help, eat more, rest more

Nurse More Often:

- 8 or more times each 24 hours.
- Nursing often increases hormones that make milk.
- Putting baby skin-to-skin during and between feedings increases hormones as well.
- Nurse as soon as your baby is ready: smacking lips, rapid eye movements, fingers to mouth. Babies don't like to nurse once they start crying!
- Wake your baby to feed if he sleeps longer than 3 hours during the day or 5 hours at night.

Use Good Position and Latch:

Good positioning will help your baby to latch on correctly:

- Get comfortable. Avoid leaning forward.
- Bring baby to breast level. Use pillows if needed.
- Turn baby's body towards you with his chest touching yours.
- Ear, shoulder and hip should be in a straight line

Before latching on, wait until baby opens his mouth wide.

Quickly bring him to the breast, aiming the nipple to the roof of his mouth. Avoid pushing his head toward your breast or he may arch away. Let him take the breast on his own.

Babies latched on well drink more milk so you will make more milk.

A good latch looks like this:

- Mouth is open very wide (all of the nipple, some breast tissue)
- Lips are flanged (“fish lips”)
- Cheeks are rounded, not dimpled in
- Chin is touching the breast
- It doesn't hurt. (If it does, break suction and try again)

If you are not sure of positioning or latch, ask someone to check.



“Empty” the Breasts With Each Feeding:

The more milk baby removes from the breast, the more milk you make. Offer both sides each feeding. You can tell your baby is removing milk if:

- You hear swallowing or gulping most of the feeding - at first, baby will nurse with short, rapid sucks, then he will swallow between sucks.
- Your breasts should be softer after the feeding.

(over)

Baby not nursing well? Try these ideas:

- Pump after “lazy feedings.” This removes leftover milk, which increases supply.
- Don’t throw this milk away. It’s the “ice cream” of the feeding. Give it to the baby or store it in refrigerator or freezer for later.
- If your baby gets tired while nursing, support his lower jaw by cradling it in your hand.
- If your baby loses interest after nursing a few minutes, grasp your breast with thumb on one side and fingers on the other, taking a good amount of breast. Gently squeeze your breast between your thumb and fingers. This “pushes” more milk out. Keep up the pressure until the baby loses interest again; then release the pressure. Rotate your hand and squeeze your breast once again. Once this no longer works, switch sides.

Avoid Giving Formula and/or Using Pacifiers:

- Formula decreases milk supply! It’s better to give your baby pumped milk.
- If you have already started formula, ask for help to develop a feeding plan to decrease formula while increasing milk supply
- Avoid pacifiers so your baby nurses more often at the breast and learns to nurse well

Get Help, Eat More, Rest More:

- Don’t forget to eat!
- Ask for help with housework, meals and other children so you can eat more and rest more.
- Food and rest will allow your body to use energy to make more milk

What about herbal remedies?

Some suggest herbal remedies to increase milk supply.

Check with your health provider first.

- Fenugreek: Women with diabetes or asthma should use with caution. Start with three capsules three times a day and decrease number of pills after three days. Possible side effects: increased sweating, diarrhea and sweat/urine smells like maple syrup. May be taken alone or in combination with blessed thistle.
- Blessed Thistle: Three capsules three times a day. Higher doses can cause upset stomach.

What will decrease milk supply?

- Over-the-counter cold medications (antihistamines/decongestants)
- Hormonal birth control methods (Birth control pills, Depo, etc.)
- Heavy smoking (over a pack a day) can decrease supply for some women
- Crash diets, low calorie diets or forgetting to eat

**Don’t give up!
Milk supply can increase quickly.**

