

BREASTFEEDING ANSWERS

Increasing Milk Production

Being concerned about your milk production is the most common reason for early weaning. It is important to talk to a breastfeeding specialist to find out what is normal and how to tell whether your baby is getting enough milk.

Below are some ways that you can use to help to increase your milk production:

Before breastfeeding:

- Watch your baby for early feeding cues to breastfeed frequently

During breastfeeding:

- Breastfeed frequently – at least 8 times a day including at least once overnight if your baby is younger than 6 months old
- Feed your baby in a diaper only for more skin to skin contact
- Make sure your baby is latched and positioned well
- Offer both breasts at each feeding
- Try “switch nursing” if your baby is sleepy or loses interest quickly – offer each breast 2-3 times at each feeding
- Use breast compressions and massage to help your baby to suck and swallow more at each feeding
- Hand express some milk before and after breastfeeding
- Feed your baby only breastmilk if possible (babies younger than 6 months)
- Breastfeed first and offer solid foods after breastfeeding (if baby is older than 6 months)



After breastfeeding:

- Eat and drink healthy foods often
- If possible avoid bottles and pacifiers to keep all sucking at the breast
- Avoid smoking, alcohol and caffeine
- Consider pumping with a double pump for about 10-15 minutes after or between feedings
- Try hands on pumping – internet search “hands on pumping” and “Nancy Morhbacher”
- Ask for help from your family and friends with household duties
- If you have tried all of the strategies mentioned above and your milk production has not increased you may consider trying herbs or medications that can help to increase your milk

For more information call us at 1-800-563-2808.