

Low Supply Tips

Things to know



1



Supply & Demand

The more milk you ASK your body to make, the more it WILL make. If you're not emptying your breasts 8-10 times in a 24-hour period, your supply will start to lower. Emptying your breasts frequently will promote a strong milk supply.

2



Latching Is Not Always Better for Supply

It's common to hear "Babies are more effective than pumps", but that's only true if your baby latches and moves milk normally. If your baby is unable to empty the breast, you should pump to protect your supply. If your baby is not gaining weight appropriately, you should pump.

3



Supplements can sometimes help

Herbal supplements can sometimes help, but you have to choose the correct one. Taking an herbal supplement that doesn't support your own relevant health history is like taking Tylenol for heartburn. Work with your team of healthcare providers to decide what is right for you.

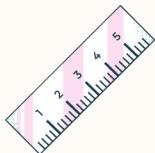
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Lactation Red Flags

If you have PCOS/PMOS, thyroid dysfunction, insulin resistance, diabetes, a history of breast surgery, you are at a greater risk for supply troubles. Start working with a lactation consultant as soon as possible.

5



Pump Equipment Matters

Flanges and pumps can make or break milk production for many people. Make sure you're using a good pump (Spectra and Motif are great!), and that you're using properly fitted flanges. You only want to see your nipple going into the flange -- no areola. Don't forget to lubricate with coconut or olive oil.