

Increasing Milk Supply

“An empty breast triggers the body to make more milk”

In the first few days/weeks of life, frequently emptied breasts help increase milk production.

- Make sure baby has an *effective* latch to drain breast. If unsure, consider LC visit.
- Feed baby **OFTEN**. Newborn baby will go to breast at least 10-12 times per day in the first few days/weeks.
- Sleepy newborn, use of nipple shields, frequent supplementation can interfere with effectively emptying breasts
- If baby is not nursing well, then it is important for mom to express milk by pumping after feeds to ensure breasts empty, while working on breastfeeding problems

Pumping to increase milk supply:

- Pump after nursing attempts
- Use well fitted flange size
 - Friction of nipple on plastic flange = too small
 - Pulling lots of areola into flange = too big
- READ pump instructions thoroughly. Every pump manufacturer is different. Make sure you understand how your pump works.
- Start with let down/massage/stimulation mode (fast mode)
- After drops of milk start to express, switch to expression mode (slower mode)
- Adjust vacuum strength to your own comfort level
- Pump for about 5-10 min after nursing session; if pumping instead of nursing, aim for about 15 minutes at the pump

Power pumping:

- Choose one pump a day to do as a power pump session
- Pump for about 10 min, then rest for ten minutes, pump for 10, rest for ten, ...x1 hour
- Consider warm compresses on your breast, light breast massage during “rest” times
- Relax, watch a movie, read a book while pumping

Take care of yourself!

- Ensure adequate nutrition, lots of water, and rest while baby sleeps as much as possible.
- Find a balance between pumping and maintaining quality of life. Best feeding for babe does not come from a breast or a bottle, but from a healthy, well cared for mother.
- Reach out for support, parenting takes a village!



CARING LACTATION
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