

Supply Rescue Mini Guide

Practical, gentle steps to support your milk supply.



- ✦ Every drop you make matters
- ✦ Your body can respond to support
- ✦ You are not alone in this

01 / QUICK DIAGNOSIS

Why Is My Supply Dipping?

Identify the root cause first — most dips fall into one of these categories:

**Frequency Issue**

- Fewer than 8× pumping/day
- Gaps too long between sessions

**Transfer Issue**

- Baby not latching deeply
- Short or sleepy feeds

**Pump Issue**

- Worn membranes or valves
- Wrong flange size or low suction

**Body Issue**

- Stress, fatigue, hormonal shifts
- Dehydration or under-eating



Fix the root cause first — supplements won't compensate for poor frequency.

02 / FLANGE FIT

Getting Your Flange Fit Right

A poor fit is one of the most overlooked causes of low output.

HOW TO MEASURE

- 1 Measure nipple diameter (not areola) in mm
- 2 Add 2–4mm for comfortable tunnel fit
- 3 Most people use 21–25mm — not the 28mm default
- 4 Re-measure after a few weeks — size can change

Signs of Poor Fit**✗ Too Large**

Areola pulled in, reduced suction

✗ Too Small

Nipple rubbing sides, pain, white ring

✓ Good Fit

Nipple moves freely, no pain, good output

🌱 Consider Pumpin' Pal angled flanges or soft silicone inserts for comfort.

03 / FREQUENCY BOOST

Adding Pump Sessions Strategically

Milk supply is driven by demand. More frequent, complete removal = more milk.

Stage	Goal
Newborn (0–6 wks)	10–12 sessions/day
Established (6 wks+)	8–10 sessions/day
During a dip	Add 1–2 extra sessions
Overnight (2–5am)	Critical — prolactin peaks here

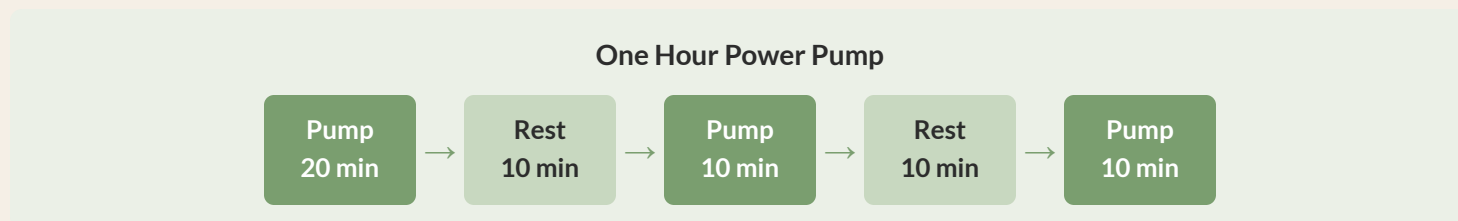
- ✓ Add a session right after nursing
- ✓ Set an overnight alarm (2–4am) for one week
- ✓ Never go >5 hrs without pumping/nursing
- ✓ Aim for complete emptying each session

💡 Even 1–2 extra sessions per day for 5 days can meaningfully increase supply.

04 / POWER PUMPING

Power Pumping Protocol

Mimics cluster feeding to signal your body to produce more.



- Once per day, ideally morning (highest prolactin)
- Replace one regular session — don't stack on top initially
- Commit to 3–5 consecutive days for results
- Results typically show within 48–72 hours — output during sessions will be low

⚠️ **Not recommended more than once per day** — oversupply has its own complications.

05 / HANDS-ON PUMPING

Hands-On Pumping Technique

Manual compression can increase output by ~48% vs pump-only sessions.



1. Warm Up
Warm compress +
massage 1–2 min
before



2. Compress
Gently compress and
hold during let-down



3. Massage
Circular strokes
toward nipple while
pumping



4. Switch
Move to second breast
when flow slows,
switch back



5. Finish
Hand express after
pump stops for
remaining hindmilk

Use the 'C-hold': thumb on top, fingers below a few inches from nipple. Compress, hold, release.

06 / BODY SUPPORT

Supporting Your Body



Hydration
2.5–3L/day
Water, teas, broths all count
Keep a bottle at your pump station
Thirst = already behind



Nutrition
400–500 extra calories needed
Prioritize protein, fats, complex
carbs
Oats, nuts, leafy greens
Don't skip meals



Rest & Stress
Cortisol suppresses let-down
Even 20 min rest helps
Skin-to-skin boosts prolactin
Ask for help — it's not failure

🌱 Small, consistent improvements across all three areas outperform any single supplement.

07 / PUMP CHECK

Is Your Pump Working Optimally?

Replace Every 1–3 Months

- ☐ Membranes / duckbill valves
- ☐ Tubing if milky or cracked
- ☐ Scratched flanges
- ☐ Backflow protectors

Check Right Now

- ☐ Strong suction on max
- ☐ No air leaks
- ☐ Cycling correctly
- ☐ Milk not reaching tubing/motor

Phase	Setting
Let-down mode	Max speed, low suction — 2 min
Expression mode	Comfortable max suction — 10–15 min
Output slows	Briefly switch back to let-down mode

💡 Renting a hospital-grade pump (Medela Symphony, Spectra S1) is worth it if your pump underperforms.

08 / SUPPLEMENTS

Galactagogues & Supplements

Supplements complement — not substitute — frequent, effective milk removal.

 **Consult your healthcare provider** before starting any supplement, especially with thyroid conditions, medications, or PPD.

Supplement	Common Use	Notes
Fenugreek	Widely used galactagogue	May worsen supply in some; affects thyroid
Moringa	Gentler, nutrient-rich alternative	Good evidence; safe for most
Blessed Thistle	Often paired with fenugreek	Works synergistically
Shatavari	Ayurvedic adaptogen	Supports hormonal balance
Sunflower Lecithin	Reduces recurrent clogs	Not a galactagogue
Brewer's Yeast	Nutritional support	B vitamins, iron, protein

 Food-first: oats, flaxseed, and dark leafy greens are safe, effective, and accessible.

You Are Doing Enough.

A few things to hold onto when it feels hard:

-  Every drop you make is a gift — there is no minimum to qualify.
-  Supply struggles are common, not a reflection of your love or commitment.
-  Fed is fed. A calm, nourished parent makes a thriving baby.
-  Reaching out for support is strength, not weakness.
-  Your body is not broken. It may just need time, support, or information.

When to Seek Extra Support

Sudden >50% drop • Baby losing weight or few wet diapers • Pain every session despite correct flange • Signs of mastitis (fever, hard red area, flu symptoms) → See an **IBCLC** for gold-standard supply support.