

GOT MILK?

Many factors can affect a mother's milk supply and the amount available to her baby. To ensure the most of your milk making ability, nurse often to keep your breasts empty. Remember, an empty breast makes more milk. You can also try these basic steps.

During feedings

- Ensure a deep latch with each feeding
- Use breast compressions during feedings
- Increase breastfeeding frequency by offering your baby the breast on cue, approximately 8-12 times in a 24-hour period. Do not skip feedings.

After feedings

- Pump after each breastfeeding session for at least 2 minutes after the last drop of milk.

After feedings

- Consider power pumping.

Pick one hour during the day. Double pump for 10 minutes, rest for 10 minutes, double pump for 10 minutes and so forth until 60 minutes have passed. Do this for 3 consecutive days.

- Use Galactagogues - substances that have the ability to increase milk supply, such as:
Herbs: Alfalfa, fennel, fenugreek, blessed thistle, goats rue, nettle and shatavari. More Milk Plus by Mothers Love includes a combination of four of these herbs and is available for purchase through our office, for your convenience
Food: Oats
- Food, drink and rest for mom.