

Increasing your Breastmilk Supply

Ask yourself these important questions:

- Am I removing my milk frequently?
- Am I nursing and or pumping effectively?
- Am I eating, hydrating, and getting rest?
- Am I avoiding things that are known to reduce breast milk supply?

Here are some recommendations for increasing your milk supply:

Increase Breast Stimulation:

- Aim to nurse/pump more often, at least 8x or more within a 24 hour period.
- Offer both breasts during a feeding/ double pump each session
- Try to get in an additional feeding or pump session, before you go to bed or even if you have to wake the baby.
- Pump after a feeding or between feedings
- Try “Power Pumping.” After a feeding/ pump session, rest for 5 mins, then pump for 10 mins, rest for 5, pump for 10

etc. Try this 2-3x a day, for consecutive days..

Get Hands On:

- Massage the breast before, during and even after a feeding/ sess.
- Apply warmth to the breasts before & after a feeding or pump session
- Use breast compression to help” empty the breasts

Take Care of “Mama”:

- Eat nutritious meals/ snacks
- Stay hydrated and drink when baby drinks. Coconut water is a great source of nutrients and can help keep you well hydrated.
- Rest as much as possible. Sleep when the baby sleeps. Allow your partner to help so you can take a nap. Be ok with taking moments for yourself.

Avoid Things That are Known to Reduce Breast Milk Supply:

- Smoking
- Birth control pills and injections
- Severe weight loss and dieting
- Certain herbs (in excessive amounts), such as Mints, parsley, & sage.

Note: If your baby is gaining weight, has a normal urine & poop output, & is content after a feeding, these are good indications you are making enough. If you still have concerns please see a lactation consultant to assist you. Low thyroid and other hormonal factors can play a role in low milk supply.

Need additional support? Mama, I can help! Get [Consulted!](#)

“She remembered who she was and the game changed. You Got This, Mama!”