HOW TO ENCOURAGE MILK PRODUCTION

@thelactatingmama

Here are a few simple tips to help encourage milk production in the 1st month after giving birth. Be consistent, take it one day at a time, and watch your milk flow.

- *Note: If you have underlining issues such as IGT, diabetes , or other hormonal factors please see a Lactation Consultant for more in-depth assistance.*

Feed on Demand

Be prepared to nurse often. Also, look for hunger cues. Crying is a late hunger cue. An early cue would be licking lips, smacking, or sucking on hand.
Tip: To ensure that baby is getting enough milk moms may need to wake some really sleepy babies

Lots of SKIN to SKIN
Aka Kangaroo Care

Research has shown Skin-to-Skin after giving birth helps increase the duration of exclusive breastfeeding.

Tip: Place baby chest to chest with diaper only

Take Your Vitmains

For many moms it can be a challenge to eat a enough, let alone a well balanced diet. Continuing to take your prenatal vitamins can help. Postnatal Vitamins are ideal.

Get Rest

Rest and sleep are very important to a new moms well being, and milk production.

Tip: When baby goes down so does mom

Eat Oatmeal

Oats are a great source of iron. After giving birth a moms iron stores may be deficient due to maternal blood loss. Eating foods high in iron are benefical for both mom and baby.

Tip: Add raw oats to smoothies

Add Coconut to Your Diet

Coconut is high in fiber and healthy fats which can be beneficial to a breastfeeding mom.

Tip: Add to smoothies or cook w/ coconut water or milk

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Drink Water

Breastfeeding makes you extremely thirsty. It's mother natures way of helping keep you hydrated.

Tip: Drink everytime baby feeds

NOTE

For Moms who can not nurse for whatever reason are encouraged to start pumping. Pumping every 2-3 hrs., 10-12x a day mimic a newborns natural feeding routine and is recommended.

Tip: Using a manual pump for the first few days may help remove colostrum more effectively