

How to Increase Your Breast Milk Supply:

If your baby is able to nurse at the breast:

- The more you nurse, the more milk you will make. Nurse your baby at least 8-12 times per 24 hours (that is every 2-3 hours) for at least 10 – 15 minutes.
- Pumping for 5 – 10 minutes after your baby nurses will help increase your milk supply by telling your body it needs to make more milk

If your baby is not able to latch at the breast:

- Hold your baby skin to skin (your baby's bare chest against your bare chest) and offer the breast whenever they seem interested.
- Use an electric double breast pump every 3 hours for 10 – 15 minutes, and every 3 – 4 hours at night.

Other things that can help increase your milk supply

- Massage your breasts before and during breast feeding or pumping
- Use relaxation techniques while nursing or pumping; sit in a quiet and comfortable place, breathe deeply and think of your baby.
- Make sure you get enough rest (nap when your baby does, limit housework); aim for 6 hours of sleep every 24 hours.
- Drink Mother's Milk Teas 3 – 5 times per day (steep tea bag in very hot water x 10 minutes); can be purchased at o-op, Eureka Natural Foods, Wild berries, and several other local stores that sell Traditional Medicinals teas.
- Motherlove More Milk Plus Tincture or Capsule (herbal product to increase milk supply) available at Co-Op, Humboldt Herbals, or online at: <https://www.motherlove.com>
- There are prescription medications available to help increase your milk supply; contact the clinic if you would like to discuss this option.

Things that can decrease your breast milk supply:

- Stress
- Pacifiers
- Cigarettes
- Antihistamines (i.e. Benadryl, Zyrtec, Allegra)
- Water pills
- Birth control pills with estrogen

How to get help:

- Make an appointment with a lactation specialist
- Drop by your Hospital Birth Center's open lactation support hours
- Contact your local WIC office