

## Suggestions to Increase Milk Supply

There are various reasons for a milk supply to be low, but if you have discussed your situation with a lactation specialist already, you may find some of the following suggestions helpful to boost your supply. Not all methods will work for everyone, but experiment and see what works for you.

### Physical Methods

- Get adequate rest as sleep deprivation can have a negative effect on supply
- Drink to thirst, pushing water does not “make more milk”, but staying adequately hydrated is important, urine should look pale yellow in color.
- Breastfeed more frequently, baby should feed 8-12 times in a 24 hour day, feeding every 2-3 hours in daytime and having only one 4-5 hour stretch at night.
- Pump breasts for 10-20 minutes for extra stimulation immediately after baby nurses .
- Power pump - this can be done several different ways.
  - pump for 5-10 minutes whenever you walk past your pump during the day. You may pump into same bottle for 4 to 6 hours then put milk away. Continue this for 2-3 consecutive days.
  - pump through all the commercials during an hour long show.
  - massage breasts before a pumping session for a few minutes, pump for 5 minutes, turn pump off and massage for several minutes, pump for 5 again and repeat one more time.
- Massage breasts before and during pumping, work from chest toward nipple with kneading or circular movements.
- RELAX as you pump, look at a picture of the baby or a video of them nursing, don't stare at the bottles the whole time you pump. Imagine yourself producing volumes of milk. Studies have shown that the moms who do this actually pump more milk!
- Warm the pump flanges by running them under warm water prior to pumping.
- Take a “babymoon” where you and baby spend the weekend together and focus on relaxing and feeding baby on demand whenever they want to nurse.
- Make sure your pump flange size is correct. Nipple should be drawn into the tunnel easily, and only a slight amount of areolar tissue should be pulled into the tunnel. Pump with highest level of suction that does not produce pain.

-Galactogogues –These substances may help increase milk supply. These should be discussed with your lactation specialist or your own doctor before starting.

-Some foods have been known to help increase milk supply such as sweet potatoes, carrots, almonds, potatoes, hummus, kale and dark leafy vegetables, whole oatmeal, flaxseed, yogurt

-Herbs- These should be used as a last resort after other methods of increasing supply have been exhausted. It is important to remember that herbal supplements are not FDA monitored, however, some moms have found them helpful in boosting milk supply. Fenugreek and Blessed Thistle are the most popular and usually taken together. Recommended dosage is usually 3 capsules (580mg to 610mg), 3 times a day for a total of 9 capsules per day. Fenugreek may not be a good option if you have a low thyroid condition, diabetes or asthma.