

Breastfeeding: Making More Milk

Many of us worry that we will not make enough milk to feed our baby, but our bodies are amazing! Your body can make more than enough milk for your baby. Your baby tells your body to make milk by sucking on the nipple and touching, grabbing, or hugging your breast. So the easiest way to get your body to make more milk is to put the baby to the breast each time they show feeding cues.

To make more milk with breastfeeding:

- Feed your baby based on when they show you the signs that they are hungry. These are called “hunger cues”. Your baby may want to be fed 8-16 times a day. Babies may want to feed more during times of growth.
- Have more skin to skin time with your baby.
- Offer both breasts each time you feed your baby.
- Right after your baby is done breastfeeding, pump or hand express until your breast feels empty.
- Putting on a warm compress and massaging before feeding may help with releasing more milk.
- Massage your breasts while your baby is nursing. This can help release more milk to your baby.
- Avoid waiting more than 3 hours to breastfeed your baby. This can cause your milk supply to go down.



**The more you breastfeed/pump,
the more milk your body will make!**

Power feeding lets your breasts make milk faster.

How to power feed:

- Nurse your baby on both breasts for about 10 minutes each. Then take a break for 30 minutes.
- After the 30 minute break, put the baby on both breasts for 10 minutes each or as long as the baby will nurse.
- Take another 30 minute break and then nurse the baby again on both breasts.



Pumping: Making More Milk

To make more milk using a breast pump:

- There are many ways to remove milk to help increase milk supply. You can use hospital grade pumps or other types of pumps.
- You can also use hand expression. Hand expression involves slow, gentle massage of the breast to help release milk.
- For 1-2 days, use the pump every hour for 6 hours. This helps let your body know to make more milk. After that you may pump on a normal schedule again.
- During the time that you pump, take a 5 minute break and pump again. Massaging the breast before you pump may help remove more milk.
- Light massage of the upper breast may help release more milk. This is known as breast compression.

Power pumping is when you pump more often over a short period of time. Power pumping lets your breasts make milk faster.

How to power pump:

- Pump for 15 minutes every hour for 3 hours. This will help you make more milk when you are not with your baby.



Source: medela.com

If you have questions, ask to speak with a:

- CHN Health Educator
- CHN Nutritionist
- CHN Prenatal Coordinator