

Tips to Help Increase Your Breastmilk Supply

All breastfeeding mothers question if their baby is getting enough milk. There is enough milk if your baby:

- Wets 5 to 6 or more diapers every day by the 4th or 5th day.
- Have 3 to 4 bowel movements a day in the first weeks.
- Sleeps for about 3 hours and does not awaken acting starved.
- Gains 4 to 7 ounces each week during the first 3 months.

If you are still concerned, these tips may increase your milk supply.

- Nurse 8 to 12 times in 24 hours. Nurse or pump at least one time during the night. The more often you nurse or pump, the more milk you make.
- Avoid pacifiers or supplements during the first 2 to 3 weeks.
- Drink plenty of fluids and eat a healthy diet.
- Pump in between feedings or after feedings for more stimulation.
- Be sure to feed your baby until he or she releases the breast and has a relaxed position.
- Nursing on baby's cue stimulates your breasts to produce milk. When breastfeeding is established, the best way to ensure a good milk supply is to allow your baby to determine how often and how long the feeding sessions last.

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Learn more about your health care.

- Factors that can affect milk supply:
 - ▶ Stress
 - ▶ Unnecessary supplementation
 - ▶ Not feeding baby often enough
 - ▶ Some medicines such as decongestants and birth control
 - ▶ Poor latch
 - ▶ Pump flange size is too small
- Herbal supplements and medicines may be helpful in some situations to increase the milk supply. Please call your doctor or lactation consultant for more information.

✦ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**