



Helping parents go from chaos to calm

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Understanding increasing Breastmilk

1. Babies who are efficiently nursing will work better than a pump any day. When that isn't possible, pumping is needed. There is no shame in needing to find alternative ways to feed a baby.
2. Massage your breasts before you pump. This will help increase prolactin and make more milk.
3. Supply and demand is needed. The more the baby nurses, and the more stimulation to the breasts AND the more milk is expressed, is how more milk is made continually.
4. You can use little breast vibrators that will help increase milk removal while pumping or nursing.

5. Relaxing as much as possible and looking at the baby or photos of the baby, or even hearing baby sounds can help with a letdown.
6. Your baby will get what it needs to from you. When you eat and drink well, replace your vitamins and minerals, you are staying strong for your baby. This is replenishment for you.
7. Making sure you have a working pump when pumping can matter. If it is used or second hand and not working well, check the valves and tubing to make sure it's all working well.
8. Set small milestones and then celebrate every time you meet one!
9. Confirm you have the correct flange sizes for your nipples if you aren't getting enough from the pump. It can make a difference!

10. Remember, Pumping, hand expressing and building supply can be tedious , but make sure you have good support as soon as you realize something isn't right to get you back on the path you want.

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