

## Increasing Your Milk Supply

If your milk supply is truly low, the most important thing to think about is what may have caused it to decrease (supplementing, new medications, returning to work, etc.). Remember that milk supply is typically driven by demand and try the following:

- Apply moist heat to your breasts 3 to 5 minutes before feeding or pumping.
- Massage your breast before and during feedings.
- Gently stimulate your nipple and areola (darker part of your breast).
- Feed or express milk frequently—at least 8 to 12 times in 24 hours.
- Try relaxation techniques while feeding or pumping (for example, play soft music, look at a picture of your baby while pumping, deep breathing).
- Express or pump milk between feedings.
- Eat a healthy diet following the USDA Nutritional Pyramid for Moms.
- Drink something each time you feed your baby or pump.
- Avoid rapid weight loss—your weight loss should be no more than 2 to 4 pounds per month.
- Keep a record of feedings/pumping to monitor your situation.

It will usually take 4 to 7 days to see an increase in your milk supply once you begin feeding and pumping more frequently. If your supply does not increase in that time, or if you have more questions, please contact your health care provider.

