

Relactation: Re-establishing Your Milk Supply

There may come a time when you have to wean your baby earlier than you would have liked. You may have been prescribed a medicine and been told you could not breastfeed while taking it. You may have been separated from your baby for a period of time and unable to pump or breastfeed. There are many ways for you to resume breastfeeding when you are ready. Regardless of which way you choose, there are a few things you can do to help things along.

- Rest for at least 48 hours—no house cleaning, cooking, washing clothes, etc.
- Avoid artificial nipples (including pacifiers) for the baby—use a cup, spoon, syringe or dropper.
- For younger babies, carry the baby close to your breast—skin to skin if possible—for 6 to 8 hours per day.
- Put your baby to breast every 2 hours, dripping a little milk onto your nipple if needed to get your baby interested.
- Be sure your baby is in a correct position and latched properly during breastfeeding.
- Try relaxation techniques to enhance your let-down.
- After breastfeeding, supplement by dropper, cup, spoon or syringe if your baby does not seem content.
- After each breastfeeding session, hand express or pump your breasts to get out any remaining milk. Use this milk to supplement your baby at the next feeding before using formula.
- Keep records of feeding as supplement amounts.
- Gradually reduce the amount of supplement as your milk supply increases.

If you have questions, contact your health care provider or a lactation consultant.

