

Increasing Your Milk Supply

To make enough milk, you need breast stimulation, rest, minimal stress and proper nutrition. Most women have a plentiful milk supply. Very few women are unable to produce enough milk for their babies.

1. Nurse baby frequently and on demand. Approximately every 2 to 3 hours during the day and every 4 to 5 hours at night, but more often if baby wants. Babies may cluster feed, especially in the evening (e.g nurses every 20min to 1 ½ hours – maybe 4 -5 times within a 3 hour period).
2. Completely empty at least one breast at a feeding.
3. Avoid using bottles.
4. Make sure you get adequate rest, try to sleep when baby does.
5. Nurse in bed at night.
6. Drink at least one to two litres of water per day as well as juices, herbal teas or low-sodium, caffeine-free and sugar-free drinks. Drink enough to keep urine pale in colour and not strong smelling. One to two cups of tea or coffee is fine.
7. Ensure adequate nutrition. Eat when hungry. Make sure you snack during the day and possibly at night, and don't go for long periods without eating.
8. There are some homeopathic and herbal remedies that are effective in increasing your milk supply. Talk to your midwife. Fennel tea, fenugreek and blessed thistle capsules or tinctures are known to be very helpful.
9. Hand express or use pump for about 5 to 10 minutes per side after each feeding.
10. Try to avoid things that cause you stress and where possible resolve stressful situations present in your life.
11. Avoid large amounts of caffeine or nicotine.
12. Avoid feeding infant solid foods until at least 6 months.
13. Don't be afraid to ask for help. Join a support group to see other's ideas, (e.g., La Leche League).