

# HOW TO INCREASE MILK SUPPLY



Unfortunately, breastmilk is produced on a supply and demand basis. You can take as many herbs and supplements, but if you're not removing that milk it's not going to do much. If you are breastfeeding/pumping and still feel you're not producing enough, here are my tips:

## POWER PUMPING

The key to this is **FREQUENCY**. Take one hour out of your day, either morning or evening and **PUMP for 20 MINS, BREAK 10 MINS, PUMP 10 MINS, BREAK 10 MINS, PUMP 10 MINS**. Even if you're making drops towards the end, that's okay - you're focusing on that frequency and telling your body to increase the demand

## GALACTOGOGUES

Since supplements are not FDA regulated and we never truly know what's in a supplement, I caution against them. We do know foods cause the least threat and there may be some that do boost production like **Old Fashioned Oats, Steel Cut Oats, Brewer's Yeast, Ginger, Flaxseed, and Fennel seeds**. Try to eat a variety of these foods

## REDUCING STRESS

Stress is a common reason why mother's milk production decreases. The stress hormone cortisol, affects the milk-ejecting hormone, oxytocin. Mothers who return to work often notice their supply decreasing and the majority of the time it's due to stress. Try to **relax** throughout your day especially when breastfeeding or pumping

## ENSURE YOUR MILK IS BEING REMOVED

Since your breasts are a factory and not a storage unit, your body is going to continue making milk if it's being removed. If your milk is not being removed properly, your supply is slowly going to decrease. Make sure your **baby is latching correctly** and is removing milk efficiently. Make sure your **pump is working properly** and you have the **correct breast shield/flange**.

## UNDERSTAND YOUR BABY AND YOUR BODY

Understand that your baby has small stomachs and it's normal for them to eat as often as every hour! Especially when they're going through a growth spurt and cluster feeding. Know that your breasts are no longer going to leak or feel full because your body has calibrated how much it actually needs to make for your baby. Know that it's normal for a baby to be fussy - they fuss for more reasons than hunger. Know that breastmilk is also comfort, not just hunger. Review pace bottle feeding if you're giving the bottle. **Trust your baby, and trust yourself.**

## PROPER NUTRITION

Hydration and caloric intake is important while breastfeeding. Since breastmilk is primarily water, drinking adequate water or other fluids is important. Try to drink half your weight in ounces. For example if you weigh 140 lbs then aim to get 70oz in all forms of liquid (fruits/veg are included). Breastfeeding also burns an additional 300-500 calories. You don't have to overeat, but it is important to not restrict yourself of calories and to eat balanced meals throughout the day.

\*\*Note: There are few instances where a woman will have difficulty producing milk, like thyroid disorders, IGT, PCOS, insulin resistance, or hypoplasia. Please see a lactation consultant as they will have guidance and solutions during these instances

