



Breastfeeding
Committee
for Saskatchewan

www.thebcs.ca

**For further information
contact:**

Local Public Health Nurse

International Board Certified
Lactation Consultant (IBCLC)

Local breastfeeding support
Group

Saskatchewan HealthLine 811

References:

1. International Lactation Consultant Association (2014). Clinical Guidelines for the Establishment of Exclusive Breastfeeding. Raleigh: International Lactation Consultant Association.
2. Leclerc, C., & Stockham, J. (2015). [How to Increase Your Supply of Breast Milk](#).
3. Mohrbacher, N., Stock, J. & Newton, E. (2012 Update). The Breastfeeding Answer Book Schaumburg IL: La Leche League Intl.
4. Riordan, J. & Wambach, K. (2010). Breastfeeding and Human Lactation 4th ed. Sudbury, MA: Jones and Bartlett Publishers, LLC.

BREASTFEEDING

INCREASING YOUR MILK SUPPLY

What you can do:

- Breastfeed often, whenever your baby may be willing. The more your baby nurses, the more milk you will make. Spend as much time skin to skin with your baby as possible.
- Nurse on both breasts at every feed. When swallowing slows, compress your breast to increase the flow of milk. When baby no longer suckles even with breast compression, switch sides and repeat the process. Continue to switch as often as you need.
- Make sure baby is latching well to the breast. You should not have pain while nursing. Ask for help from someone skilled in assessing breastfeeding, if needed.
- Avoid pacifiers and let the baby meet all of his/her sucking needs at the breast. If you do need to give your baby supplemental milk, consider using a lactation aid at the breast instead of a bottle.
- Hand express or pump with a top grade electric pump after feedings to help increase milk supply (as many times as practical). Express or pump until two minutes after the last drop of milk.
- Get extra REST – being relaxed and well rested may help increase your milk supply. Eat a well-balanced diet and drink to thirst.
- If you are interested in a prescription medication, please discuss with your health care provider.

IMPORTANT

- Make sure baby is latched deeply to the breast and effectively transferring milk.
- Breastfeed 8-16 times in 24 hours; every 1 ½ to 2 hours in the day and at least every 3 hours at night (without limiting baby's access to the breast).
- Offer both breasts at each feed.
- Keep track of baby's wet and dirty diapers.
- Consider possible causes of low supply such as hormonal medication, endocrine levels or pregnancy.