



Breastfeeding Committee for Saskatchewan

www.thebcs.ca

Important:

The more milk you take,
the more milk you make!

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.

Building and Maintaining a Great Milk Supply

1. IT'S ALL IN THE BREAST MILK!

Just nurse! Health Canada, Dietitians of Canada, the Canadian Pediatric Society, and the Breastfeeding Committee for Canada recommend that your baby have exclusive breast milk for the first 6 months – no other food or drink is needed. Spend time skin to skin as much as possible.

2. FEED EARLY/FEED OFTEN

Feed at the earliest signs of hunger: sucking on hands, moving his mouth or eyes, or stretching. The more often you feed, the more milk you make. Feed as often as baby wants (at least 8 times in 24 hours). Finish one side then offer the other.

3. COMPRESSION

When swallowing slows, compress your breast in a C-hold or press two fingers firmly into your breast to increase the flow of milk. Move your hand around to different spots when swallows slow again.

4. TEACH BABY TO OPEN BIG!

Learn latching technique. It is called breastfeeding – not nipple feeding. Aim your nipple to baby's nose so he takes a great big mouthful. It should not hurt, seek help if it does.

5. WATCH YOUR BABY, NOT THE CLOCK.

Feed your baby when she's hungry and switch sides when swallowing slows down or she takes herself off the breast. Burp between sides.

6. IF HE DIDN'T SWALLOW, HE DIDN'T EAT.

Listening for the sound of swallowing, and watching baby's throat, will help you know if your baby is getting milk.

7. SLEEP NEAR YOUR BABY AND NURSE LYING DOWN.

You can rest while you feed your baby! Eat a well-balanced diet and drink to thirst.

8. AVOID PACIFIERS AND BOTTLES.

If pacifiers and bottles are used when your baby is hungry, you may not be nursing often enough to make plenty of milk.

9. ANY TIME, ANY WHERE!

For the first several weeks plan to take your newborn everywhere with you so you don't miss feeds and the regular stimulation to the breasts that establishes your milk supply.

10. IF YOU NEED HELP, DON'T WAIT TO ASK.

If you wait too long to get the help you need, it may be harder to get back on track. Find expert lactation help from a Lactation Consultant. (IBCLC)



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