

A pink graphic consisting of two overlapping rounded rectangular shapes. The top shape is a lighter shade of pink and has a circular hole on its left side. The bottom shape is a darker shade of pink and has a circular hole on its right side. The text is centered within the top shape.

Increasing Your Milk Supply

It can be common to stop breastfeeding due to feeling like you have a low supply, but most mothers can make enough milk for their baby's needs. There can be genuine reasons why some mothers have low milk supply including breast surgery, illness, smoking, and insufficient glandular tissue.

You know that your baby is getting enough milk when

- Your baby has 5-6 heavy wet nappies in a 24-hour period
- Newborn babies generally have 1-2 soft yellow/mustard stools daily for the first 3 weeks
- Your baby is alert but contented, does not want to feed constantly
- Your baby will settle between most feeds
- Good skin tone
- Your baby is gaining weight and growing in length and head circumference
- Your baby should be back to birth weight by week two



How do I increase my milk supply?

- Ensure your baby is positioned and attached correctly to the breast
- Breastfeed your baby more frequently, every 2-3 hours for a few days, more stimulation equals more breast milk
- Let your baby finish the first breast then offer the second breast
- You may want to offer both breasts again, switching from breast to breast
- Get enough rest, eat nutritious food, and keep well hydrated
- You can use an electric breast pump after you have fed your baby, to provide extra stimulation to your breasts 2-3 times daily for a few days.
- You may want to try some lactation cookies or herbs, discuss with your Naturopath
- You can visit your Doctor to discuss medication like Domperidone

