

Increasing Milk Supply:

Your breast milk is produced on a supply and demand basis. How often and how much milk is removed from the breast are the main factors that determine how much milk will be made. You have to completely empty the breasts (by baby or breast pump), in order for the body to increase the amount you will produce.

You can increase the frequency that you empty your breasts to start signaling your body to produce more milk. Some moms have seen a great response to adding an evening or early morning nursing or pumping session. Make sure you're nursing or pumping at least 8 times a day. If you're exclusively pumping your breast milk for your baby, double pumping (pumping on both sides at once) will yield more milk and decrease the amount of time you spend pumping.

Babies go through growth spurts in order to increase your milk supply. They want to latch frequently (cluster feed) for a day or so. They are trying to increase your milk supply with more nipple stimulation. Though growth spurts can be challenging for mom, they are crucial to increasing your milk supply and you should try and avoid giving bottles during a growth spurt. You can also try a power pumping session. But remember that the breast pump will not empty your breasts as well as the baby will. Add 1 power pumping session a day for 2-3 days: Pump for 20 minutes, rest 10 minutes, pump 10 minutes, rest 10 minutes, pump 10 minutes (you might not express any milk but you are still stimulating milk production).

Another way to boost your supply is to breastfeed and then pump. Sometimes your breasts may not feel completely "empty" after nursing, so add a pumping session right after your baby finished eating. This will stimulate your body to produce more and start increasing milk supply – even if it's just a little bit. Every drop counts!

Taking good care of yourself can also impact your breast milk supply, and potentially increase breast milk production. Try keeping healthy snacks and bottles of water stashed by your bedside table, or the chair or couch where you most frequently nurse. Find time to relax and focus on yourself – take a bath, take a nap, read a book. It may seem nearly impossible to find the time, but by taking care of yourself you are taking care of your baby, too!

Continue breastfeeding at early hunger cues. 10 or more feedings in 24 hours.

Breast massage and manual expression prior to nursing or pumping. Breast compressions and massage prior to and during feedings/pumping.

Always start with the breast first.

Monitor feeding for sucking and swallowing.

Save any expressed breast milk and give baby the expressed milk by supplemental nursing system, spoon, cup or syringe (preferred) or bottle (with slow flow nipple) as needed. Follow pediatrician's recommendations for supplementation if they have discussed this with you.

Mom needs 1800 calories per day, plus lots of water and plenty of rest.

Be sure to eat breakfast, try **oatmeal** to help with milk production.

Add more healthy fats, avocados, walnuts, butter, cook with olive oil.

Natural herbal supplements *may* help increase milk supply: There is anecdotal evidence that some of these herbs work. Many cultures also have foods and traditions that they believe can help in milk production.

Please make sure you do not have an allergy to any ingredients before taking.

Mother's milk tea: Contains fennel, anise, fenugreek, coriander, blessed thistle herb, spearmint, lemongrass, lemon verbena, and marshmallow root. Do not use if you have asthma.

Fenugreek (Leguminosae Trigonella Foeniculum) 500mg capsules 2-3 times per day. Taking more than 8 grams per day can cause stomach upset. **Do not use if you have a peanut or chickpea allergy, asthma, diabetes (may lower blood sugar levels) or taking Warfarin.** Can cause mother and baby to smell like maple syrup.

Fennel(foeniculum): 1/2-2 tsp crushed seeds in 1 cup of boiling water. Let sit for 10-15 minutes. Drink 2-3 cups per day.

Malunggay/Horseradish tree or plant(Moringa oleifera): Malunggay leaves are commonly used in Filipino soups and broths. Leaves are said to increase lactation.

Alfalfa (medicago sativa): 2-4 capsules, 3-4 times a day. May cause loose stools. Contraindicated in persons with a history of systemic lupus erythematosus.

Goat's Rue: (Papilionaceae Galega officinalis) also known as French Lilac.**Infusion:** Add 1 cup of boiling water to 1 tsp dried leaves. Infuse for 10-15 minutes. Drink 1 cup 2 times per day. **Use with caution if you have a history of diabetes.**

Moringa: Studies showed that when mothers took 250-350 mg capsules twice per day, they had significantly increased volumes of milk production as well as increased baby weights. Above 3000 mg/kg can have adverse effects on your health. Comes in capsules.

Baker, G. (2016). Medications and breast feeding. UCSD

When to supplement with expressed breast milk or formula: if not enough urine and stool diaper count for day of age, mouth/tongue dry, not hearing swallows during feedings, baby not satisfied after feedings.

Goal for infant weight gain: Return to birth weight by 10-14 days.

Gain of 4-8 ounces per week or 1-2 pounds per month for the first 3-4 months.

Baby will need supplemental formula (artificial baby milk) if not gaining weight as expected.

If milk supply seems adequate, or you become engorged, then stop taking any supplements and stop pumping.