

Factors that May Affect Milk Supply


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Objectives

- ✓ Identify different factors that may affect milk supply
(food and nutrition, medications, feeding/pumping schedules, and health conditions)
- ✓ Recognize how milk production works in the body
- ✓ Discuss commonly asked questions from families regarding milk production
- ✓ Recognize when to refer families to an IBCLC



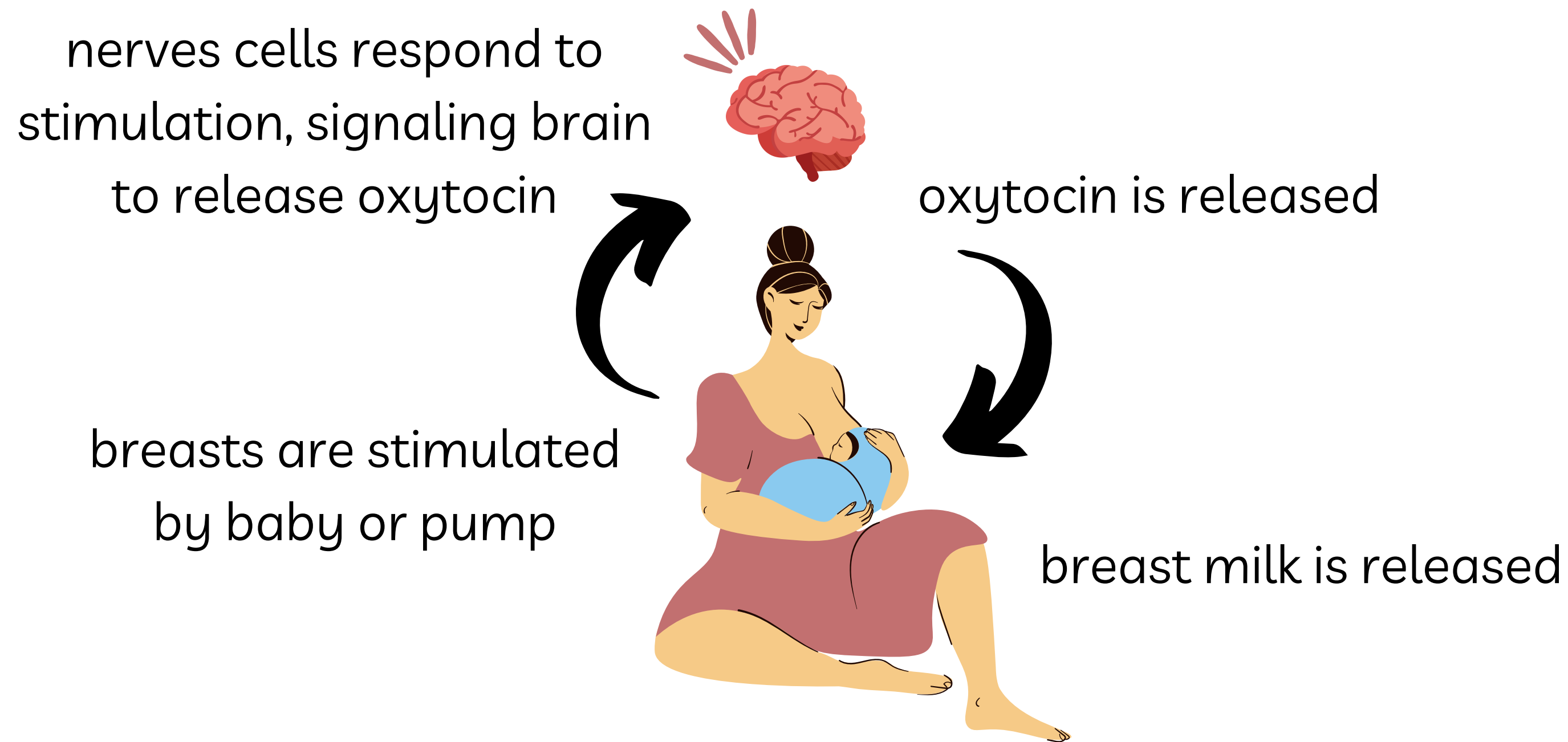


What are some of the most
common questions you get
from your families?



How does the body release milk?

The Let-Down Reflex:





the body continues to make milk
with frequent breast milk removal



What impacts milk supply?



Some factors include...



reduced length of nursing or
change in schedule



sleepy baby not
feeding as often



health concerns of baby
affecting latch and feeding



bottle feeding + not breastfeeding
or pumping enough



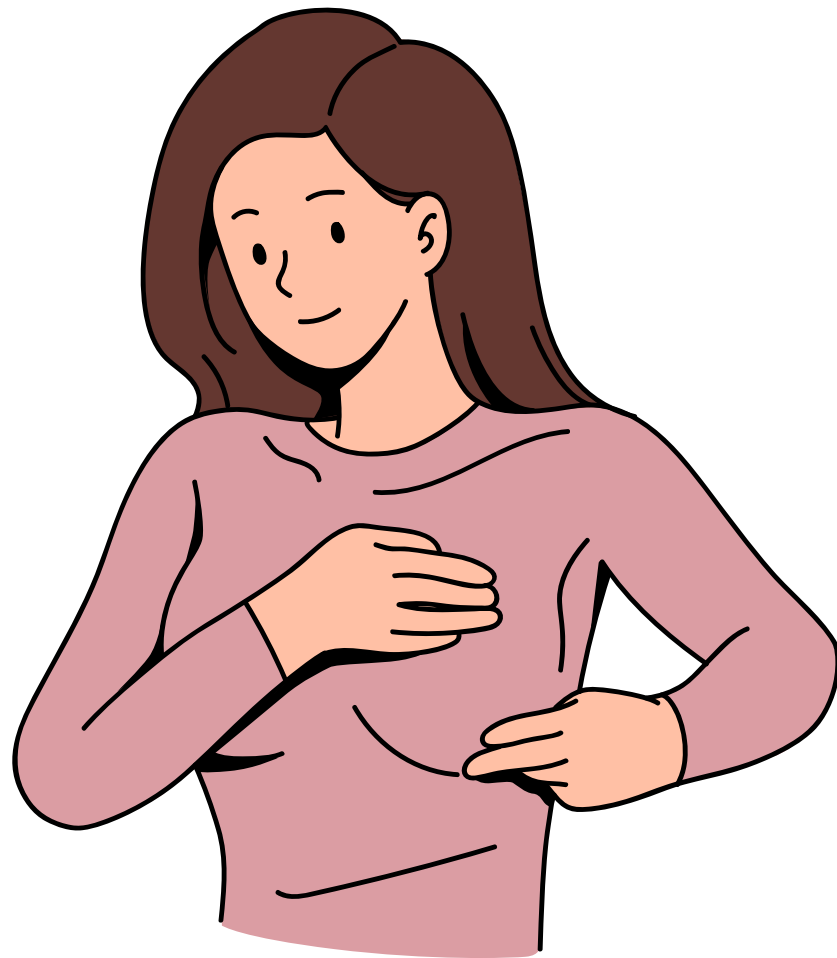
Birthing Events



- ✦✦ Cesarean section
- ✦✦ Preterm birth
- ✦✦ Retained placenta
- ✦✦ Postpartum hemorrhage
- ✦✦ Stressful birth



Pre-existing Health Conditions



◆◆ Thyroid

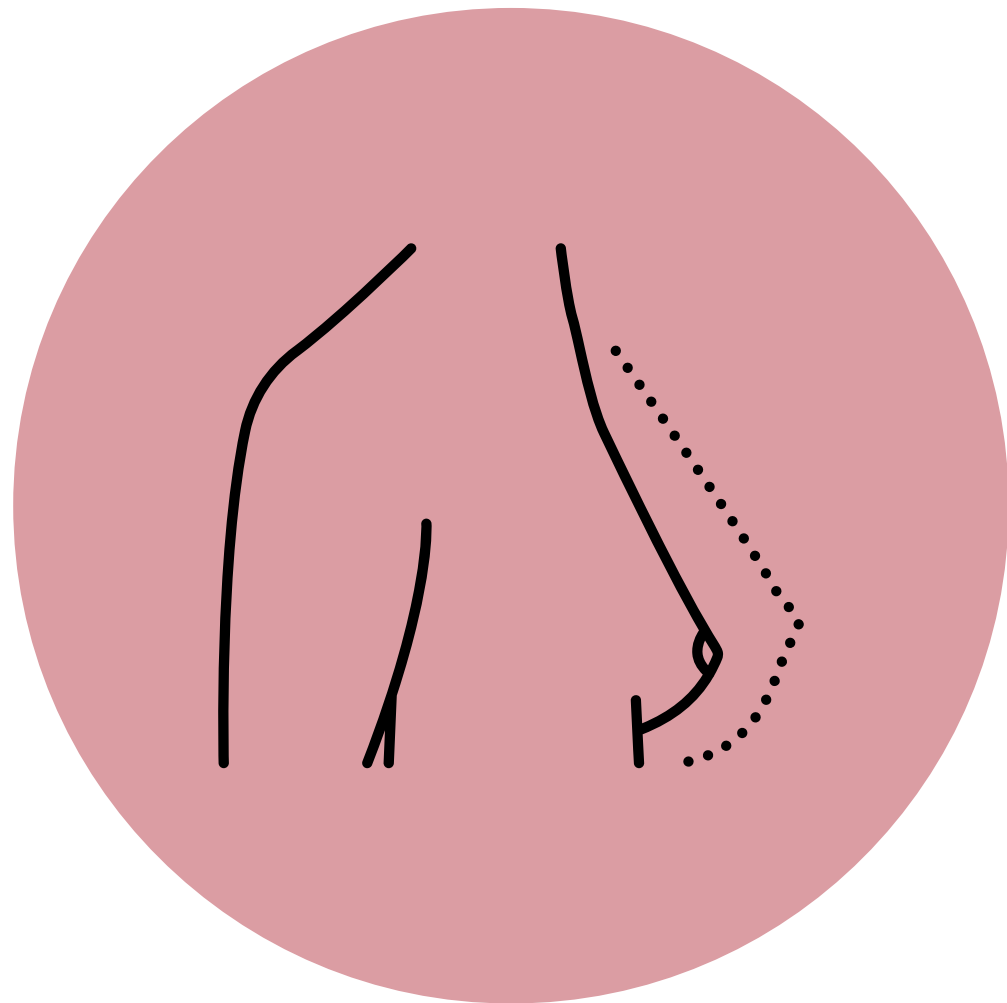
◆◆ PCOS

◆◆ Diabetes

◆◆ Insufficient glandular tissue



Other factors include...



- ✦✦ Previous breast trauma or surgeries
- ✦✦ Breast augmentation
- ✦✦ Breast reduction

Medications

certain allergy and
cold medications



estrogen birth control

Specific Foods



(We will get into the foods that may help with supply in a little bit!)



Questions so far?



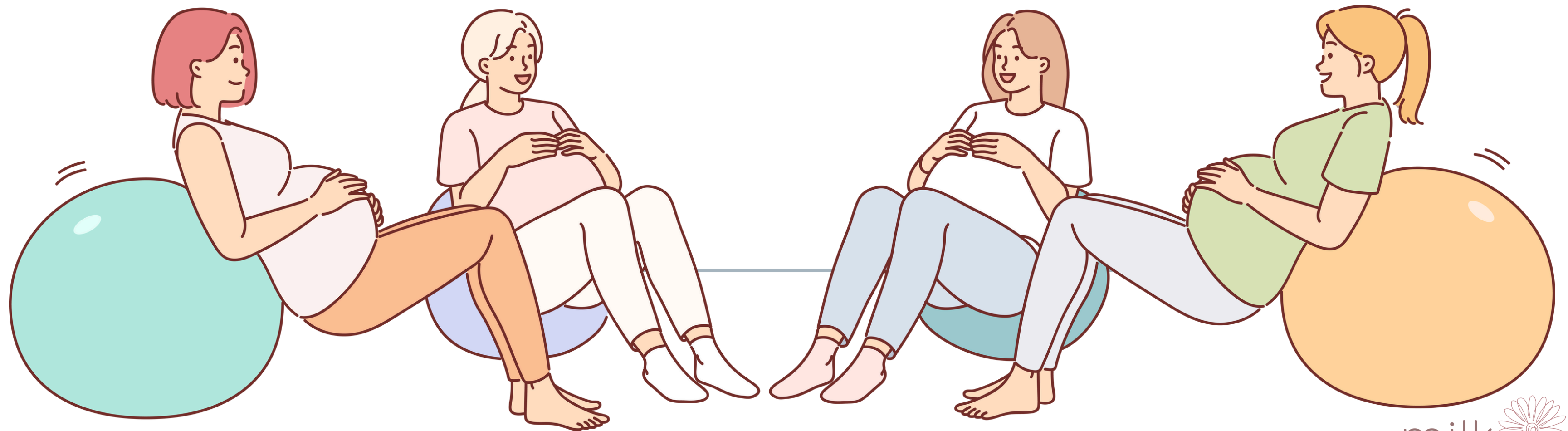
When it comes to
food and nutrition,
what are some things
you know or have
heard of relating to
milk supply?



During Pregnancy

Make sure parent is on track with prenatal weight gain!

Expressing colostrum during pregnancy does not help with increasing milk supply.



Nutrition While Breastfeeding



- ◆◆ Continue prenatal vitamins
- ◆◆ Extra calories
- ◆◆ Balanced diet



What is a balanced diet?

1

fruits + veggies

2

fat + carbs + protein

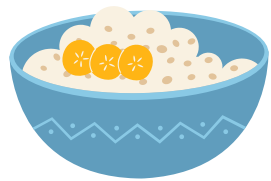
3

hydration

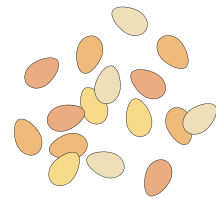


Galactagogues

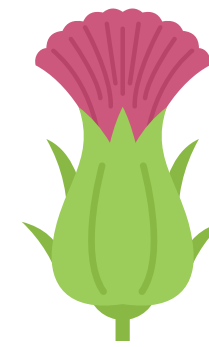
- Galactagogues → foods or herbs that promote lactation
- No significant scientific evidence, but some claim they help with milk supply
- May be effective, but will not magically boost your milk supply alone without frequent milk removal!



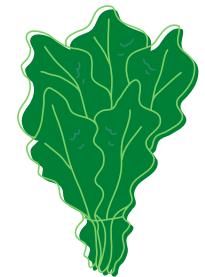
oatmeal



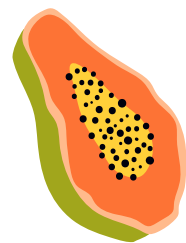
fenugreek



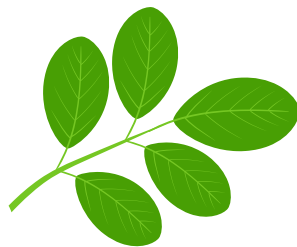
milk thistle



dark leafy greens



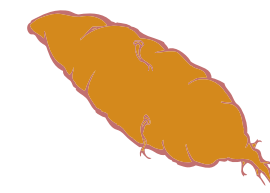
papaya



moringa



cumin



yams



chickpeas

Common Questions



Dairy?

Alcohol?

Marijuana?

“What should I avoid?”


TRUE or FALSE

Caffeine?

Beans?

Spicy food?





“What supplements should I take during pregnancy or right after birth to increase milk supply?”










“Am I making enough milk?”



How Much to Feed by Age

| Age of Baby | Milk (fluid ounces) | Milk (mL) | Size of stomach |
|-------------------|---------------------|-----------|--|
| 1 day old | <1 | 5-7 mL |  Size of a cherry |
| 3 days old | <1 | 22-27 mL |  Size of a ping pong ball |
| One week | 1 oz | 30 mL |  Size of a plum |
| Two weeks | 2 oz | 60 mL |  Size of a plum |
| 3 weeks - 1 month | 3 oz | 90 mL |  Size of an egg |

About Low Milk Supply

- ✦ Seeing only drops of colostrum immediately after birth does NOT mean low milk supply
- ✦ Reminder: true low milk supply may be possible for those with a history of hormone imbalances or previous breast surgery or trauma.
- ✦ Lactation consultants can help identify whether milk supply is *actually* low and how to increase it.





When do you recommend your clients
to see a lactation consultant (IBCLC)?



“When should I see an IBCLC?”

✦✦ During pregnancy

✦✦ After delivery

✦✦ Unsure if milk supply is good and if baby is getting enough

✦✦ Questions and concerns with latching, pumping, schedules, etc.

Take Home Messages

- ✦✦ In general, frequent breast stimulation is the first thing to try
- ✦✦ Aim for a balanced diet, continue prenatal vitamins
- ✦✦ Many factors can affect milk supply, and IBCLCs can help identify what is causing supply to be low and effective strategies to increase supply



Resources

- Milk & Grow:
 - <https://www.milkngrow.com/blog/>
 - <https://www.milkngrow.com/resources/>
- Medications & Herbs:
 - <https://infantrisk.com/>
 - e-lactancia.org
- Videos (multiple languages)
 - <https://firstdroplets.com/downloads/>
 - <https://globalhealthmedia.org/topic/breastfeeding/>



Thank you!

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