

## **Re-Starting Your Milk Supply**

### **If your baby can go to breast:**

- Breastfeed every 2-3 hours for 10-15 minutes. Try to breastfeed 8-12 times in 24 hours
- Breastfeed at night. This helps increase your milk supply. The hormone that helps produce milk is highest at night
- Breastfeed before giving a bottle. If your baby is too fussy, you can give a bottle of breast milk or formula first. Then breastfeed after giving the bottle

### **If your baby is not able to go to breast:**

- Put baby skin to skin on your bare chest and let baby latch anytime she wants to
- Use a pump that lets you pump both breasts at the same time
- Pump every 3 hours for 10-15 minutes (even at night). Try to pump at least 8 times in 24 hours
- Use your hands to massage your breasts when you pump

### **Giving formula or breast milk after breastfeeding:**

- Your baby will need a full feeding of formula or breast milk in a bottle or supplemental feeding system until you have a full milk supply
- Some women are not able to get a full milk supply and will always need to give their baby formula after breastfeeding
- After your milk supply comes up, you can slowly lower how much formula you give. This should be done with the help of your baby's doctor or lactation consultant.
- Your baby's weight will be checked often during this time
- Make sure your baby is having enough wet and dirty diapers at home. Your baby should have 6-8 wet diapers and at least 4 dirty diapers each day. Babies who are older than 1 month may have less dirty diapers

### **Things that can lower milk supply:**

- Stress
- Birth control pills (especially ones with estrogen), patches or shot
- Water pills
- Cigarettes
- Losing weight too fast
- Hormonal conditions: polycystic ovarian syndrome (PCOS), low or high thyroid levels
- Breast trauma or breast surgery

### **Call your breastfeeding specialist if:**

- Your milk supply does not go up after 2 weeks
- You don't think your baby is getting enough milk
- Call the Children's Mercy Hospital Breastfeeding and Pumping helpline at (816) 346-1309 if you have questions or concerns

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