

How do I increase my milk supply?

The answer to this question is: more. More feeds, more often, more milk and more emptying of the breasts. It is important to remember that our bodies work off of supply and demand, so in this case, more is more.

Limit pacifiers, use both breasts per feed and make sure to empty both breasts with each feed, even if it means switching sides multiple times throughout the feed to keep the baby stimulated and awake.

Pumping after feeds will also “trick the body” into thinking that the baby wants more and can often help increase supply.

If these things do not seem like enough, a visit with a lactation consultant would be beneficial to you and your child.