



## Building a Better Milk Supply

A woman's body produces breast milk based on supply and demand. The more the baby and/or breast pump demands, the more milk is produced. Therefore, by increasing the frequency that you empty your breasts, you signal your body to produce more milk. Below are some tips on building a great milk supply.

### TIPS

- Breastfeed or pump at least 8 times a day.
- Follow a few breastfeeding sessions with pumping. Even if very little milk is pumped, this technique stimulates the body to produce more milk. Each time you do this, you are building up your milk supply.
- Practice good self-care. Keep healthy snacks and water where you most frequently nurse. It may feel impossible to find the time, but by taking care of yourself, you are able to take better care of your baby.
- If your concerns about low breast milk supply go beyond what's been suggested, you can always reach out to a lactation professional. An International Board-Certified Lactation Consultant can help determine if you need help with your milk supply and then work with you to find solutions.
- You may have heard of products including teas, cookies, or smoothies that contain herbs to enhance milk supply. Be sure to consult with your doctor or lactation consultant before utilizing these products to ensure that they are both safe and effective.

*The information contained here within is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.*

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