

Increasing Your Breastmilk Supply

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Many mothers worry about their milk supply and whether they will have enough milk to feed their baby especially in the early stages of breastfeeding.

Most mothers do produce enough milk for their babies.

If your breastmilk supply is low there are things you can do to increase your supply.

If you are concerned about your breastmilk supply it is advisable to seek advice from:

- A Lactation consultant
- Australian Breastfeeding Association Helpline
Ph: 1800 686 268
<http://www.breastfeeding.asn.au>
- Child & family health nurse
- Local doctor



Common Reasons mothers think their milk supply is low.

My baby is feeding too much

Breastfed babies normally feed at least 8 times in 24 hours.

My breasts were full, now they are soft

Your milk supply adjusts to your baby's needs. Your breasts may only feel full if baby has had a longer break between feeds.

My baby has suddenly started to feed more often

Your baby might be having a growth spurt and will feed more often for a few days.

Signs your baby is having enough breastmilk

When your baby is over a week old your baby should

- Have at least 6 pale wet nappies in 24 hours.
- Have at least 1 soft yellow bowel motion in 24 hours
- Settle between most feeds.
- Have regained their birthweight by 2 weeks of age and have regular weight gain after that.

Possible causes of Low Supply

- Your baby is not attaching well to the breast causing nipple pain and inadequate breast stimulation
- Your baby does not feed often enough. This may be because your baby is small or premature and is sleepy.
- Some medications including over the counter preparations as well as prescription medications can reduce breastmilk supply.
- Mothers who have certain medical conditions such as PCOS.
- Mothers who have had breast surgery especially breast reduction.
- You have started using formula milk as well as breastfeeding
- Maternal smoking.
- Rarely there may be reduced or no milk production due to medical condition (less than 5% of mothers)



Ways to increase Your Milk Supply

- Hold your baby skin to skin at the breast as much as possible. This will help to stimulate the release of hormones involved in breastmilk production.
- Breastfeed often, at least 8 times in 24 hours. More frequent feeding means more milk.
- Ensure the baby is latched well to the breast to promote good milk drainage.
- Use breast compression to increase breastmilk flow to baby.
- Feed baby from both breasts each feed.
- Switch feed- when you notice your baby is slowing at the breast and not swallowing frequently switch baby to other breast. Offer both breasts twice.
- Express after feeds to provide further breast stimulation - at least 3-4 times a day.
- Look after yourself - Rest as much as possible. Many women find that a few days of bed rest is beneficial.
- Have frequent healthy small meals. Ensure adequate fluid intake.
- There are prescription medications that may be useful to some women to help increase their breastmilk supply. Consult your G.P.

Important points

- The use of dummies especially in the first few weeks has been associated with less frequent and shorter breastfeeds.
- If you are using a nipple shield – try latching baby directly to the breast to increase breast stimulation.
- If you are giving extra milk to your baby – give a small amount **after** a full breastfeed rather than instead of a breastfeed.