



Ways To Increase Milk Supply and Better Breastfeeding Success

Offer Your Breast At Birth

After birth, as soon as baby seems interested, offer your breast. Early breastfeeding increases your chances of breastfeeding success for many reasons.



Sleep near your baby/nurse lying down

You can rest while you feed your baby and is one of the positions that allows for the least amount of misplacement.

Wait for baby's mouth to open wide like a yawn

The tip of your nipple should be in the back of his throat. He should be directly facing you, chest-to-chest, chin-to-breast. Proper positioning prevents sore nipples.

Watch baby, not the clock

Feed your baby when she's hungry, not on a schedule. Remember to switch sides when swallowing slows down (not stops) or she takes herself off the breast.

Go everywhere together

Plan to take your newborn everywhere with you for the first several weeks.

Don't wait to ask for help if you need it

The moment that you start to see the smallest inkling of what might be an issue or problem, seek help from your support team.

Frequent feeds, not formula

The more often you feed, the more milk you make. If you give formula, your baby will feel fuller longer, which will decrease the times she nurses, which, in turn, means less milk made.

All you need is breast milk

The American Academy of Pediatrics recommends that your baby have a diet of purely breast milk for the first 6 months – no other food or drink is needed.

Feed early on

Feed at the earliest signs of hunger: if baby's awake, sucking on hands, moving his mouth or eyes, or seems agitated – offer your breast.

Stay away from the rubber

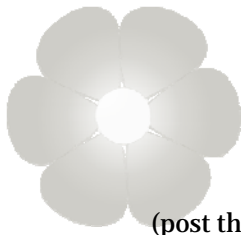
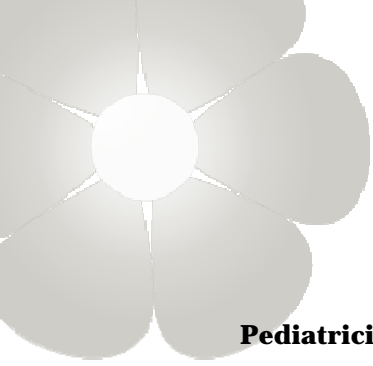
If pacifiers and bottles are used when your baby is hungry, you may not be nursing often enough to make plenty of milk.

Some signs that breastfeeding is going well:

- Your baby is breastfeeding at least 8 times every 24 hours.
- Your baby has at least 4 yellow bowel movements every 24 hours by day 4.
- You can hear your baby gulping or swallowing at feedings.
- Once your baby latches on, your nipples do not hurt when your baby nurses.
- Your baby is receiving only breast milk.

Check in with your pediatrician's office or support team if:

- Your baby is having fewer than 4 poopy diapers per 24 hours by day
- There are any red stains in the diaper after day 3. (It can be normal in the first 3 days.)
- Your baby is still having black tarry bowel movements on day 4.
- Your baby is not breastfeeding at least 8 times every 24 hours.
- You can't hear your baby gulping or swallowing, or you can't tell.
- Your nipples hurt during feeding, even after the baby is first latched on.
- Your baby does not seem satisfied after most feedings.



My Support Team
(post this list on your fridge for easy access)

Pediatrician: _____ **Phone:** _____

Office Location: _____

Nursing Friend: _____ **Phone:** _____

LLL Leader: _____ **Phone:** _____

Email: _____ **Meeting:** _____

Doula: _____ **Phone:** _____

Email: _____

Concerns or questions about my baby's nursing/breastfeeding: _____
