



Boosting Your Milk Supply

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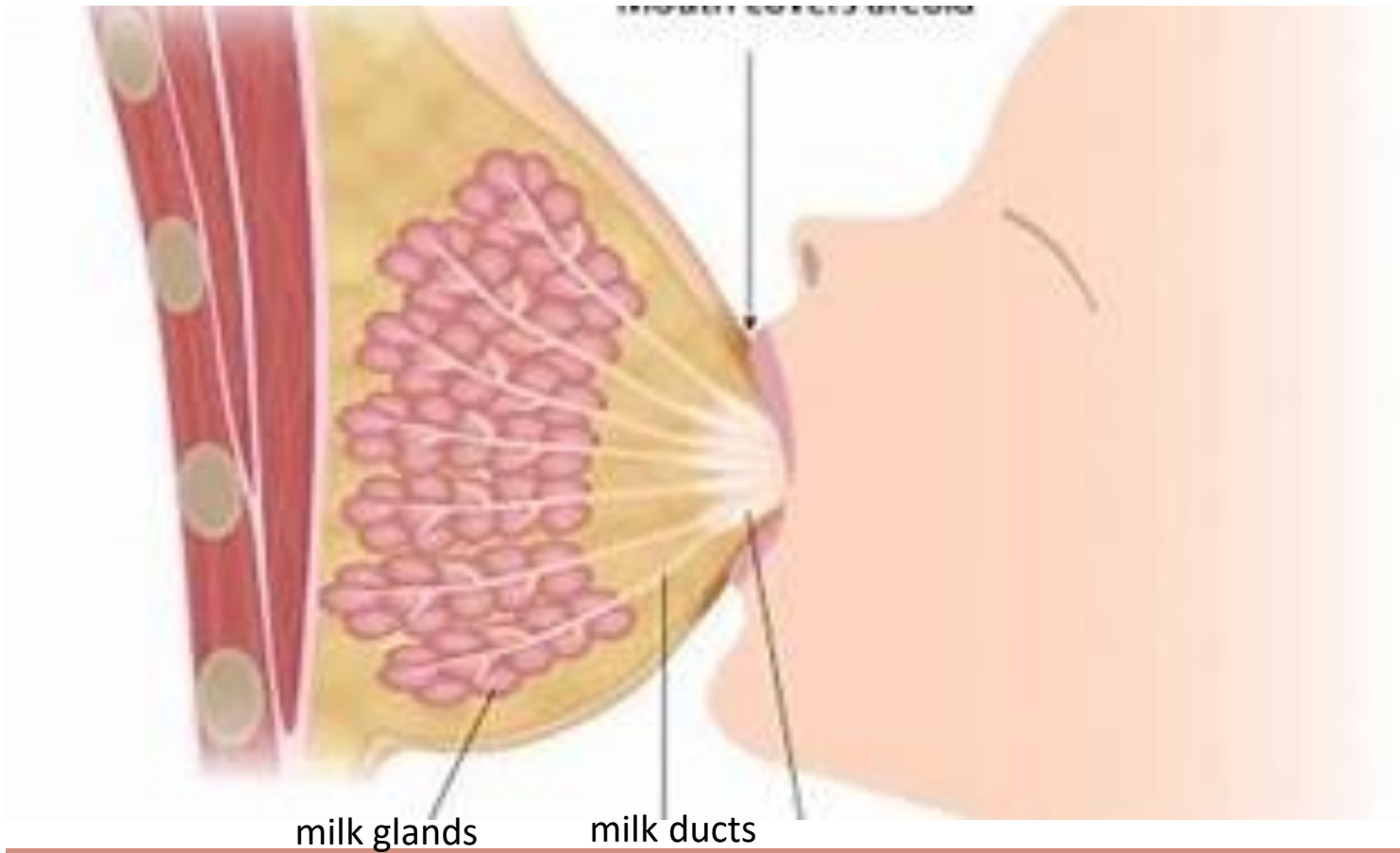
Breastfeeding Basics

- How does it all work?
- What is let down?
- Low Supply Issues

How does it all work?

- **Breastfeeding is solely a supply and demand mechanism.**
 - You baby nurses (demand) and your breasts give her milk (supply). The more your baby demands, the more your breasts will supply.
 - There is a system of hormones that are responsible for this process.
 - These hormones are building up as soon as we become pregnant.
 - When our baby nurses, the stimulation releases the hormones to create the milk.
- **In the beginning of life the baby receives colostrum, which is a type of substance full of antibodies and nutrients pertinent to the newborn.**
 - Over the next several days your body will begin to produce true milk. You will begin to overproduce until your body evens out and regulates to meet your baby's needs. This is why the first month or so is a critical time because your supply is establishing itself. (It does not fully establish for about 3 months)





All About the Let Down

- When your breasts are stimulated the pins and needles feeling is called the *let-down*.
- Your breasts have milk glands that hold the milk until they are stimulated to move the milk out of the ducts.

Low Supply Issues

- Having a *true* low supply or inability to produce milk is very rare.
- Being unable to produce milk typically will have an underlying cause
 - For example: retained placental fragments, uncontrolled diabetes, etc.

Ways to Promote a Good Milk Supply

Skin to Skin	Skin to skin contact with baby as soon as possible after birth •This contact is imperative to beginning the mother-baby bond, and subsequently promoting the initiation of a healthy breastfeeding relationship.
On Demand	Nurse baby on demand and NOT on a schedule Let your baby call the shots in terms of feeding. The more your baby wants to nurse, good! This will only improve your milk supply.
2-3hr max!	Never let a newborn go more than 2-3 hours without feeding Some babies will never have this be an issue, but if you have a less than eager baby make sure you wake them up to eat!
Hydrate	Stay well hydrated You will not be able to maintain an adequate milk supply if you are not consuming enough water. Aim for AT LEAST 10- 8oz glasses a day. *Remember this* A water well will eventually dry up if you are in a drought. Your body is the well and the water you consume is the rain.
Eat	Eat a well-balanced diet. Put good in, to get good out! Visit www.choosemyplate.gov for help on creating a well-balance meal plan

What About Pumping?

- You **NEED** to begin doing this from **DAY 1**.
 - Does that seem excessive?
 - It's not. This will help your true milk come in faster, and promote a stronger milk supply.
- You will be able to begin storing excess milk within the first month!
- Becoming familiar with your pump early on will make the transition back to work easier.





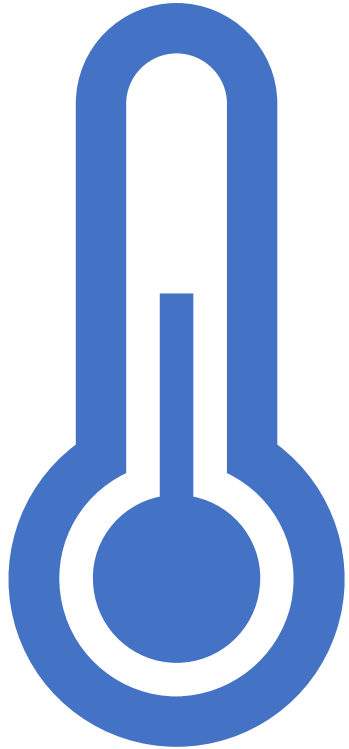
How to Pump AND Breastfeed

- Let me first tell you. It is A LOT of work. A LOT. Don't be off put by this. Anything worth having is worth working hard for.
- When you are breastfeeding every 2-3 hours you may wonder, "when am I supposed to find time to pump?"
 - Answer: You make time. Pump after you finish feeding, even if it is only a short time. Pump in the middle of the night and early morning. In the first few months, your body is figuring all of this out. It will be a lot of work in the first months, but it will become easier. Not easy, but easier!
- Ideally a pump session is about 15 minutes. You want to avoid excessively long sessions. More is not always better in this case.

Power Pumping

If you ever have a sudden decrease in your supply do a couple days of power pumping to see immediate results!

- **1 power pump session is:**
 - Pump for 15 minutes or until milk stops coming out
 - Rest for 10 minutes
 - Pump for 10 minutes
 - Rest for 10 minutes
 - Pump for 10 minutes



Storing Your Breastmilk

- **Remember the 5-5-5 Rule**
 - Breast milk is good for:
 - 5 hours at room temperature
 - 5 days in the refrigerator
 - 5 months in the freezer
- I recommend Lansinoh breast milk storage bags. Visit www.mindofmom.com for more information of those.

What You Eat Matters

- Maintaining a healthy diet WILL impact your supply
- Determine your caloric needs based on BMI and activity level at www.choosemyplate.gov.
 - The average woman with moderate daily activity level during lactation will require: 2200 calories.
 - This website offers abundant information on needs of pregnant and lactating women.
- Remember* Put good in to get good out!



Best Secrets!

1

Have a bowl of oatmeal EVERY morning

This is no lie- if you eat a bowl of oatmeal everyday you will see an improvement in your milk output within a few days!

2

Thomas Brand- Oatmeal and Cinnamon English Muffins

These are a super quick snack to help boost your supply. Throw some avocado on it and BOOM, here comes the milk!

3

Ground Flax Seed

Add it to your oatmeal and you will not notice any difference in taste. Start off with 1 tsp and gradually increase it to 2 tablespoons a day!

Putting It All Together



- Exclusively breastfeeding is no easy task.
- The reason why most people do not succeed is because they underestimate the dedication it takes, EVERYDAY.
- Putting baby to breast as much as possible will promote the BEST milk supply. It is their stimulation that encourages the hormones to release and create the milk.
- Nurse on demand! Not on a schedule.
- Put good in to get good out! You must take care of your body to be able to provide for your baby.
- Pump from day 1. This will promote your milk supply and you can begin storing extra early on.
- Pump after feeding, pump early mornings and middle of the nights.
- Power pump when needed for an extra boost!

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For more help on boosting your milk supply
email: contact@mindofmom.com

