



Increasing your breastmilk supply

Production of breastmilk relies on the regular and effective removal of milk from your breasts.

This is best achieved by feeding your baby to his or her need. It is also important for your baby to be well positioned at your breast and attached correctly so you are comfortable when your baby sucks.

Your baby's suck should be slow and rhythmical with deep jaw movements and you may see swallowing. It is normal to have 8–10 breastfeeds in a 24 hour period.

If concerned about your supply, talk to a health professional such as your Child and Family Health Nurse, Lactation Consultant or an Australian Breastfeeding Association counsellor.



What you can do to increase your breastmilk supply

- Increase how often you feed your baby or express your breasts including during the night.
- Ensure you finish one side first (it should feel soft all over) then always offer the second.
- Do not use a dummy – use the breast to comfort your baby.
- Express your breasts for 5–10 mins each side after breastfeeding your baby. You can do this by hand or use a manual or electric pump. Consider double pumping for 5–10 mins.
 - This increases stimulation to your breast and may produce more milk.
- Any expressed breast milk you are able to express can be offered to your baby after feeds.
- Increase skin to skin contact time with your baby.
- Avoid giving your baby any fluids or foods other than breastmilk unless it is necessary for their health

Remember the breastmilk flows best when you are relaxed and calm. Accept any practical help at home as you try to rest, drink adequate fluids and have a well balanced diet. Limit caffeine, including tea, coffee, cola and chocolate as these can decrease your breastmilk.

Use of medication to increase your supply would only be suggested if other methods have been unsuccessful after the first week. You must continue with increased stimulation and removal of milk while taking the medication for it to work effectively.

Contacts

Child and Family Health Centres – look up community services in the phone book

Australian Breastfeeding Association Helpline
1800 686 268

Mothersafe (Medications in Pregnancy and Lactation Service)
02 9382 6539
1800 647 848 (non-metropolitan)