

Building Your Milk Supply



Tidewater Lactation Group, Inc.
207 Business Park Dr., 101
Virginia Beach, VA 23462

Need more help?

If you have additional questions about breast-feeding or the services offered through Tidewater Lactation Group, Inc., please call our office.

Call: 757-422-5502

The Baby Honeymoon

When you are trying to build your milk supply, get your baby back on the breast, or help your baby gain weight, it is helpful to take a “baby honeymoon.” There are simple things that you can do for yourself and your baby in 24-48 hours that will improve your milk supply and help satisfy your baby. The “baby honeymoon” is often done over a weekend when you might have help with household chores.

Suggestions:

- Protect your privacy, limit visitors
- Ask for help with housework
- Nap when baby naps
- Eat well to stay well and keep your strength up
- Have eggs, oatmeal, cheese or other high protein food for breakfast instead of cold cereal
- Drink about 2-3 quarts of liquid per day (8-12 glasses)
- If you like tea, red raspberry and blessed thistle are helpful for milk building
- Snuggle with baby’s skin touching your skin
- Let baby nurse often (every couple of hours)
- Keep baby awake and actively nursing when he is at the breast
- If baby is sleepy, you can switch back and forth between breasts to wake him up
- Massage breasts before nursing or pumping to raise the fat content of the milk
- Nurse in a side-lying position, it’s more restful for both of you

Protect your privacy, limit visitors and nap when baby naps to save your energy. If you are pumping, you can use a good quality pump with a single or double kit. If you are using the single kit, massage the breast before you start and again when you switch breasts. If you have a double kit, you can pump 5-10 minutes, stop and massage your breasts and then pump for another 5-10 minutes. If baby is away from mother, double pumping will help increase the hormone that increases milk supply.

More skin-to-skin contact and more frequent feedings help to build your milk supply. The baby also learns that the breast is his source of food and comfort. After the “baby honeymoon” you should feel more breast fullness and the baby should be calm after feedings. These techniques will also correct green gassy stools or infrequent stools.

