

Potential Causes for Low Milk Supply

If you have any questions

Increasing Your Milk Supply

Mother:

- Previous breast injury, breast augmentation or reduction surgery
- Certain medications such as estrogen containing birth control, antihistamines, some decongestants, weight loss or appetite suppressants, high doses of vitamin B-6 and diuretics
- Low iron or thyroid hormone levels
- Smoking
- History of hormonal problems
- Retained placenta
- Insufficient breast tissue development

Baby:

- Health conditions, i.e. prematurity
- Use of pacifiers and bottles
- Sleepy baby
- Giving any other foods besides breast milk before 6 months of age
- scheduled /infrequent feedings

Contact:

- Lactation Consultant
- Public Health Nurse
- Family Physician

References

British Columbia Ministry of Health.
Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care. (6th Edition).
Victoria, BC: MacMillan Canada, (2005)

Mohrbacher, N., and Stock, J. (2003) La Leche League International: The Breastfeeding Answer Book (3rd Edition). Schaumburg Illinois: La Leche League International.

Newman, Jo & Pitman, T. (2000) Guide to Breastfeeding. (1st Edition) Toronto, Canada: Harper Collins

Websites:

www.infactcanada.ca
www.babyfriendly.org.uk
www.la lecheleague.org

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Promotion and Prevention



Interior Health

Do I have enough milk for my baby?

If necessary, how do I increase my Milk Supply?

The answer is yes if:

- Your baby has at least five wet diapers and two or three soft bowel movements every 24 hours from 4 days of age to seven weeks of age.
- Your baby wakes on his/her own for feeds and is content after breastfeeding.



- All babies lose weight after birth, but should return to their birth weight by about 14 days of age.
- Your baby continues to grow and gain weight. Normal weight gain is 180-240 grams (6-8 ounces) per week until three months of age.
- Your breasts feel fuller before feeding and softer after feeding.

When your baby is feeding at the breast:

- Make sure that baby is deeply latched and positioned well at the breast.
- Feed baby often, at least every 1½ to 2 hours during the day and every three hours at night even if you have to wake the baby.
- Offer both breasts at each feed, allowing the baby to finish the first breast before offering the second breast.
- Breast compression and/or massaging the breast during the feed
- Switch nursing, which means baby feeds at least twice on each breast per feed.

If baby cannot go to the breast or empty the breast effectively:

- Consider using an electric breast pump, hand pump or manual expression to empty the breasts eight to ten times in 24 hours.
- When frequent emptying is not enough to increase milk supply many women find that the use of galactogogues is helpful.

Galactogogues: Include both prescription medications and herbs which may promote milk production. Discuss these options with your health care provider.

Remember it is important to:

- **rest**
- **sleep when baby sleeps**
- **drink to thirst**
- **eat healthy meals and snacks**
- **moderate physical activity**
- **enlist the help of others**