



Breastfeeding Committee For
Saskatchewan

IMPORTANT

- Make sure baby is latched and swallowing well.
- Nurse at least every 2 hours.
- Offer both breasts at each feed.
- Keep track of baby's wet and dirty diapers.

For further information contact:

Local Public Health Nurse

Lactation Consultant

*Local Health Care
Provider*

*Local breastfeeding support
group*

HealthLine
1-877-800-0002

Breastfeeding

Increasing Your Milk Supply

What you can do:

- Nurse often, at least every 2 hours during the day and every 3 hours at night.
- Be sure you hear your baby swallowing regularly.
- Baby can stay on the breast as long as he/she continues to suck and swallow regularly. When swallowing slows, compress your breast to increase the flow of milk. When baby no longer suckles even with the breast compression, switch sides and repeat the process. Continue to switch as often as you need to for up to 20 to 30 minutes. Both breasts should be offered at least twice at each feeding.
- Check that baby is latched on the breast correctly. Ask your health care provider to help you. (You may feel nipple tugging but should not have pain while nursing.)
- A sleepy baby may need to be awakened and encouraged to eat. For the first 24 hours your baby may be sleepy. By unwrapping and undressing your baby before a feeding, he/she may stay awake. Place the baby skin to skin. If your baby will not feed after trying for about 20 minutes, let him/her sleep for 1 hour and try again.
- Pump with a top grade electric pump after feedings to increase milk supply. Pump for 5 minutes more after milk stops flowing.
- Get extra REST – being relaxed and well rested may help increase your milk supply.
- Eat a well balanced diet following “*Eating well with Canada’s Food Guide*” and drink 8 (8 oz. or 240 mL) glasses of liquids per day—drink to quench your thirst.

Talk to your health care provider about medications that may increase your milk supply.

*Adapted with permission from
Regina Qu'Appelle Health Region
Revised October 2009*