



### **IMPORTANT**

- Make sure baby is latched and sucking well.
- Nurse frequently.
- Offer both breasts at each feeding.

## **Breastfeeding**

### **Increasing Your Milk Supply**

- Nurse often, at least every 2-3 hours during the day and every 4 hours at night.
- Be sure you hear your baby swallowing regularly.
- Baby can stay on the first 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 swallows even with breast compressions, 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 the 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.)
- Avoid pacifiers and let the baby meet all of his/her sucking needs at the breast.
- Pump with a top grade electric pump after feedings to increase milk supply. Once the milk stops flowing, pump for 5 more minutes.
- Get extra rest—being relaxed and well rested may help increase your milk supply.
- Eat a well balanced diet following Canada’s Food Guide and drink about 8 glasses of liquids per day—drink to quench your thirst.
- Some doctors may prescribe the medication “Domperidone” to help increase milk supply in addition to the other suggestions listed above.
- Hormonal medications (such as the birth control pill) that contain estrogen and progesterone may interfere with milk production.

Adapted with permission from:  
Breastfeeding Committee for Saskatchewan  
Regina Qu’Appelle Health Region