

# LOW SUPPLY GOT YOU DOWN?



*Give these  
tips a try!*

If you've found yourself struggling to make enough milk to meet the needs of your baby, consider giving these three tips a try - keeping in mind that you may need more personalized support depending on your situation.

## **TIP #1: USE YOUR HANDS!**

Studies show that mom's who use their hands either while pumping or feeding directly at the breast, produce 33% more milk! Start by gently massaging your breasts for a few minutes before you latch or pump, then do gentle compressions on your breast during the feeding/pumping session. Lastly, once the feeding session is over, hand express for one minute on each side.

## **TIP #2: NURSE MORE FREQUENTLY!**

It's commonly thought that a baby does not need to nurse more than 8 times each day, but for some families, that's simply not enough. Try aiming for 10-12 nursing or pumping sessions in a 24 hour period to see if that helps.

## **TIP #4: ADD IN A FEW PUMPING SESSIONS!**

If you're nursing on demand and using your hands, but still struggling to produce enough milk, you might consider adding a few pumping sessions immediately after a nursing session to encourage your body to make more milk. Pumping immediately after nursing is like telling your body, "Hey! We have an extra baby here, we're going to need some more milk!" Slowly but surely, your body will get the hint and make more. Pro tip: Make sure you're using the correct flange size!

*Still having trouble? Give us a call!*



[www.CelebrateBirth.info](http://www.CelebrateBirth.info) 863-680-2229