

HELPFUL HINTS:

For starting and keeping up your breast milk supply when your baby is not breastfeeding.

After delivery some babies do not or cannot breastfeed.

Here are some steps you may take to help start and keep up your milk supply when your baby is not breastfeeding.

- Start to express your breasts by hand or with the electric breast pump as soon as possible (within first 6-12 hours) after birth.
 - Express your breasts about 8 times in 24 hours (at least every 3 hours during the day and at least once at night).
 - At the beginning you may not get any colostrum but regular pumping will increase your milk supply. Even the smallest amount of colostrum can be saved for your baby. Ask your nurse to help you use a syringe to collect drops of colostrum on your nipple.
 - When using single pump parts (one breast at a time), pump each breast for 5 minutes switching back and forth for a total of 20 minutes .
 - When using double pump parts (both breasts at the same time), pump for about 10-15 minutes - longer if milk flow continues.
 - once milk is flowing, pump a few (1-2) minutes after the flow stops.
 - Start at the lowest suction. Increase the suction slowly over time, pumping should be comfortable. If your nipples are tender, keep the suction low, switch from breast to breast sooner and put a small amount of lubricant on the inside of the funnel where your nipple slides in and out.
- Lean forward so the milk goes into the bottle.
 - It may be helpful to support your breast by cupping it in your hand while you pump.
 - **To help your milk flow, try:**
 - heat. Apply warm compresses to your breasts before and while you pump
 - massaging your breasts before you begin pumping and off and on when you are pumping
 - gently rubbing one nipple while you pump the other
 - pumping in a comfortable place or pumping at your baby's bedside
 - sitting down and putting your feet up for five minutes before beginning to express
 - relaxing your arms and back and taking several slow deep breaths
 - looking at a picture of your baby while expressing
 - listening to a relaxation tape once a day for about 10 minutes
 - listening to music, reading or thinking happy thoughts while pumping
 - listening to a tape of your baby's sounds
 - putting one of your baby's blankets over your arm on the side you are pumping . Think of the heaviness of your baby against your arm, the softness of his/her skin, etc.
 - having a glass of fluid nearby to drink
 - holding your baby(s) skin to skin as soon as possible and pumping right after



You may find that your milk supply decreases if you are pumping over a long period of time (2-3 weeks or longer). Ask for help.

Call Children's & Women's Lactation Services at 875-2282.

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