



The First 14 Days:

# 10 Steps to Increase Your Milk Supply

Human milk is food and medicine for your baby. Your milk improves your baby's health.

You also benefit when you breastfeed or express milk. It is important to increase your milk supply in the **first 14 days** after birth. This will help you have enough milk when your baby is ready to feed.

It is normal to only get a few drops of milk in the first few days. Every drop is valuable for your baby.

We acknowledge that this may not be everyone's feeding journey. Let us know how we can support you.

## HOW TO

### DAY 1 - 2

1. Hand express within 1-2 hours of birth.
2. Hold your baby skin-to-skin (called kangaroo care) at every possible moment.
3. Hand express 8 or more times in 24 hours, including overnight.
4. Give your baby any drops of milk that you express, as soon as possible.
5. On Day 2, start using an electric pump. Keep pumping 8 or more times a day, including overnight.

### DAY 3 AND BEYOND

6. Massage your breasts before and during expression. This is hands-on pumping. It helps your milk flow. Your nurse can help you.
7. Measure how much milk you pump. Your milk will increase after a few days. Keep pumping 8 or more times, including overnight.
8. Hold your baby in kangaroo care during tube feeds.
9. During kangaroo care follow your baby's cues.
10. When your baby shows hunger cues, let them suckle, lick, and taste your milk.



#### LEARN MORE

Ask your health care team, or use the QR code to access the booklet, *Breastfeeding Your Preterm Baby*. This booklet is helpful if you want to increase your milk while your baby is in the hospital.





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