

Building a copious milk supply/ preventing low supply

Checklist

- Have you noted **breast changes** during pregnancy (darkening of nipple & areola, veining of the breasts, more sensitive & fuller breasts, bigger Montgomery glands)? These are **positive signs** your breasts are getting ready for lactation.
- Stay **mobile** (if possible & permitted) and well **hydrated** during labour.
- After birth, place your baby in **skin contact**.
- Offer lots of cuddles, safe skin-to-skin contact and closeness.
- Allow your baby **early, frequent** and **unrestricted** access to the breast.
- Follow your baby's **early hunger cues**. It is also good practice to wake baby for a feed if breast fullness becomes uncomfortable (called **responsive feeding**).
- Ensure your baby's **latch is deep & comfortable**. ▶ refer to

Effective attachment and drinking video

- Ensure your baby is **drinking effectively** thus effectively removing milk from the breast. (**principle:** the more milk is being removed from the breast the more milk is being made) ▶ refer to *Effective attachment and drinking* video
- Attach your baby in **different feeding positions** (cross cradle, rugby, side lying) This allows your baby to empty your breasts effectively.
- Ideally, offer **both breasts per feed.**
- Feed your baby at least **8 or more times in 24 hours.**
- Do not** offer **any other drinks** than breastmilk unless advised by your healthcare professional (for medical reasons)
- Avoid teats and pacifiers** whilst establishing breastfeeding. They can mask early hunger cues.
- Rest** to recover after birth.
- Stay well hydrated and **eat a healthy**, nutritious diet including **500 extra calories**. Don't diet whilst breastfeeding.
- Seek professional help early if you experience challenges!**