

Breastfeeding Information



Increasing Your Breastmilk Supply

During the first few days and weeks, frequent stimulation of the breasts by breastfeeding or by using a breast pump is essential to establish a good breastmilk supply. If you find your milk supply is low try the following recommendations.

More breast stimulation

- Breastfeed more often, at least 8 or more times per 24 hours
- Discontinue the use of a pacifier
- Try to get in “one more feeding” before you go to sleep, even if you have to wake the baby
- Offer both breasts at each feeding
- Empty your breasts well by massaging while the baby is feeding

Use a breast pump

- Use a hospital grade breast pump with a double kit
- Pump after feedings or between feedings
- Apply warmth to your breasts and massage before beginning to pump
- Try “power pumping”. Pump for 15 minutes every hour for a day; or try pumping 10 minutes, resting 10 minutes, pumping 10 minutes and so on, for an hour

Avoid these things that reduce supply

- Smoking
- Birth control pills and injections
- Decongestants and antihistamines
- Severe weight loss diets
- Excessive amount of mints, parsley, or sage

Mother care

- Reduce stress and activity. Let others help you!
- Increase fluid intake
- Eat nutritious meals
- Continue to take prenatal vitamins
- Back rubs stimulate nerves that serve the breasts (central part of the spine)
- Increase skin-to-skin holding time with your baby. Relax together!
- Read, meditate, and empty your mind of tasks that need to be done

Herbs to Increase Breastmilk Supply

You can take herbs or eat foods (galactogogues) to promote lactation. Even if you take a galactogogues, you still need to **empty your breasts well at least 8 times a day** by nursing or pumping.

What herbs help and where can I buy them?

- Fenugreek seeds
- Brewer's Yeast
- Moringa (Malunggay)
- Galega (Goat's Rue)
- Shatavari

You can buy these herbs without a prescription on *Amazon.com* or in stores that sell herbal remedies. You can find fenugreek at most drugstores.

Which herb do I take?

An herb that helps one mother may not work for another. To find out if an herb will work for you, take the herb for 3-7 days and watch your milk supply. You should see an increase in your milk after that time. If you do not see an increase, try one of the other herbs.

How do I take the herbs?

These herbs come as capsules, liquids, or teas. Each can be taken by itself or with others. Follow the dose instructions on the package.

Are there any side effects?

- Some herbs and herb blends are not advised for pregnant women. Check the label for any warnings.
- Any herb can cause an allergic reaction. Stop using the herb if you have any reactions.
- Some herbs cause perspiration, gas or loose stools. Fenugreek can make your urine smell sweet, like maple syrup.
- Both fenugreek and galega can lower blood sugar and cholesterol.
- Do not take fenugreek if you take *anticoagulants* (blood-thinners).



Foods to Increase Breastmilk Supply

It's always good to eat a well-balanced diet and drink plenty of water. To promote milk production, you may want to add some lactogenic foods (foods that increase milk secretion) to your diet.

Vegetables

Fennel root, beetroot, carrots, yams, sweet potatoes, dark leafy greens, spinach, dandelion greens, asparagus, watercress

Fruits

Dates, figs, apricots, papaya

Some Fats

Butter, olive oil, coconut oil, sesame oil

Grains

Barley, oats and oatmeal, quinoa, brown rice, millet, brewer's yeast

Nuts and Seeds

Almonds, cashews, macadamia nuts, sesame seeds, sunflower seeds, chia seeds, hemp seeds, flaxseeds, coconut

Legumes

Chickpeas, lentils, peas, green beans, kidney beans, black beans, white beans

Herbs & Spices

Marjoram, basil, pepper, fennel, anise, dill, caraway, cumin, turmeric, garlic, ginger, onion

Drinks

Water, coconut or barley water, ginger ale, lactation teas w/ red raspberry leaf or milk thistle, drinks w/ chicory, dandelion, hops/malt

“**Lactation cookies**” are also a nice treat to make or purchase. You can find recipes online that include oats, brewer's yeast, flaxseed, and more.

Breastfeeding Resources

Arizona Department of Health Services

24-Hour Breastfeeding Hotline

1-800-833-4642

WIC Program

602-506-9333

National Women's Health and Breastfeeding Helpline

1-800-994-9662

Websites that may be helpful

- <http://www.lowmilksupply.org/>
- <https://kellymom.com/>
- <https://azbreastfeeding.org/>
- <https://l11i.org/breastfeeding-info/>
- <https://www.womenshealth.gov/breastfeeding>

Le Leche League of Arizona

<http://www.llofaz.org/> / 602-279-5262 / 1-800-525-3243

International Lactation Consultant Association

Find a lactation Consultant in your area.

<https://ilca.org/>

Breast Pump Rentals

- **Anything For Baby** 480-515-9783 / <https://anythingforbaby.com/>
- **Modern Milk** 480-999-1585 / <https://modernmilk.com/>
- **Modern Mommy Boutique** 480-857-7187
- **Banner Home Medical Equipment** 480-657-1600
- **WIC** (you may be able to borrow a pump) 602-542-1886

Breastmilk Donation

- <https://phoenixmilkspot.com/>
- <https://www.hmbana.org/>

Banner Desert Lactation Boutique

Breastfeeding and pumping education and support

Located at Banner Desert Medical Center inside the Women and Children's Entrance lobby

480-412-2011

Physician Moms Only

- <https://www.dr milk.org/>

Social Media Breastfeeding Support Groups can be helpful