

# **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

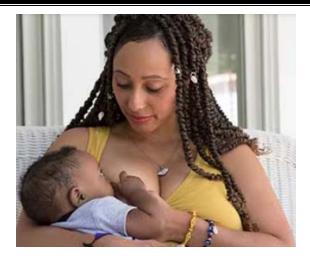
- Breastfeed more often, at least 8 or more times per 24 hours
- Discontinue the use of a pacifier
- Try to get in "one more feeding" before you go to sleep, even if you have to wake the baby
- Offer both breasts at each feeding
- Empty your breasts well by massaging while the baby is feeding

#### 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.

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#### 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.

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# **Breastfeeding Resources**

# **Arizona Department of Health Services**

24-Hour Breastfeeding Hotline

WIC Program

1-800-833-4642

602-506-9333

# National Women's Health and Breastfeeding Helpline

1-800-994-9662

#### Websites that may be helpful

- <a href="http://www.lowmilksupply.org/">http://www.lowmilksupply.org/</a>
- <a href="https://kellymom.com/">https://kellymom.com/</a>
- https://azbreastfeeding.org/
- https://llli.org/breastfeeding-info/
- https://www.womenshealth.gov/breastfeeding

## Le Leche League of Arizona

http://www.lllofaz.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.drmilk.org/

#### Social Media Breastfeeding Support Groups can be helpful

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