

Class Tips

Establishing a good supply in the first two weeks –

Put baby to breast at LEAST every 2 hours during the daylight hours. Length of feedings vary. Fully empty one breast before offering the other. Ensure that each breast is fully emptied at least once every day to prevent plugged ducts and mastitis. WEAR your baby skin to skin whenever possible. If the choice is between pumping and napping – Always Choose Napping!!!

Resources:

www.KellyMom.com .. www.BreastfeedingOnline.com .. www.Breastfeeding.com

Making a difference between DAY & NIGHT:

- Wake baby to feed during the day – vs – Let sleeping babies lie at night 😊
- Feed to satiety during the day – vs - Final feed before night-time – Encourage a Top-Off
- Sing & play during diaper time during the day – vs – Quick quiet change at night

Power Pumping – Increase your SuperPower, you Milk-Maker, You!!!

To raise supply, a further demand must be made. More frequent demands - not longer pumping cycles - increases supply.

- The day you choose to power pump, get up an hour earlier than you anticipate your little one to rise. Double pump wearing a nursing bustier; use hand compression along with the pumping. (See Video Below)
 - Pump ON with compression for 10 minutes. Pump OFF for 10 minutes.
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 - Pump ON with compression for 10 minutes. Pump OFF.
- Now that baby is likely awake, allow him/her to nurse on both sides of your now quite stimulated breasts. Baby will always be able to remove more milk than the pump. If baby needs more milk, simply bottle, cup or finger feed some of your previously pumped milk.
- At day's end, you may choose to power pump AFTER baby's final feeding before retiring for the night. Please do NOT expect to get any milk at all from the pumping. Any drops that are removed may be saved in your refrigerator to be combined later with another bottle of cooled mother's milk.
 - Pump ON with compression for 10 minutes. Pump OFF for 10 minutes.
 - Pump ON with compression for 10 minutes. Pump OFF for 10 minutes.
 - Pump ON with compression for 10 minutes. Pump OFF.

Reasons for lower supply include:

Mastitis, mother or baby is ill, growth spurts {*Common times for growth spurts are during the first few days at home and around 7-10 days, 2-3 weeks, 4-6 weeks, 3 months, 4 months, 6 months and 9 months (more or less)*}

It takes a Village – the Milk Maker nurses the baby – the Village Nurses the Milk Maker – the Village reaps the rewards!