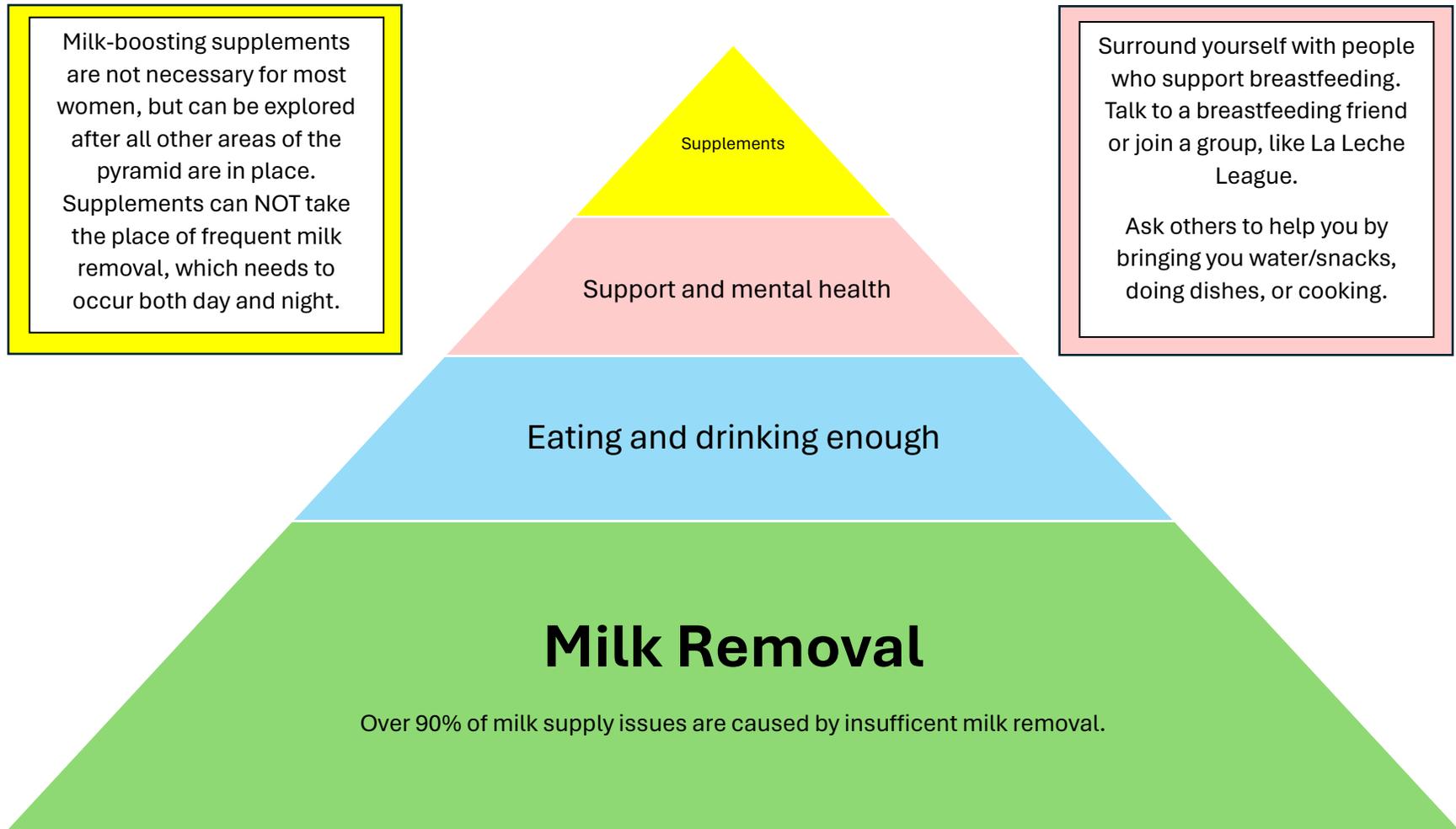


Making More Milk: A Pyramid of Success



Milk-boosting supplements are not necessary for most women, but can be explored after all other areas of the pyramid are in place. Supplements can NOT take the place of frequent milk removal, which needs to occur both day and night.

Surround yourself with people who support breastfeeding. Talk to a breastfeeding friend or join a group, like La Leche League.

Ask others to help you by bringing you water/snacks, doing dishes, or cooking.

Eating and drinking enough

Milk Removal

Over 90% of milk supply issues are caused by insufficient milk removal.

Breastfeeding requires an average of 500 extra calories. Rapid postpartum weight loss can reduce milk supply. Aim for 128 ounces, or 1 gallon, daily. (3.8L) Consider adding electrolytes to some of your water.

The single most important thing you can do to increase milk production is **remove milk from both breasts at least as frequently as your infant eats**, either by nursing or pumping.