



Your important health information

Making more breastmilk

Many mothers worry that they are not making enough milk for their baby.

The best way to know if your baby is getting enough milk is by looking at the nappies and baby's weight gains.

Your baby is getting enough milk if:

- there are 5 or more very wet nappies in 24 hours (once baby is older than 5 days)
- soft yellow poo is passed every day (if under 6-8 weeks old)
- baby is active and mostly happy or settled after feeds
- there is some weight gain at the right rate
 - back to birth weight by two weeks
 - weight gain of about 150 grams or more a week
- having around 8 or more good breastfeeds in 24 hours.

You can make more milk

How to make more milk

- Make sure baby is well attached to the breast.
- Baby needs to be sucking and swallowing well with some short rests.
- Allow baby to decide the length of the feed.
- Offer both breasts at each feed. Change the nappy after the first breast to wake baby.
- Give baby more breastfeeds each day.
- If you are fully/mostly expressing, add more times you express:
 - aim for 8-10 expressings in 24 hours including overnight
 - use a hospital grade breast pump – hire or buy.
- Offer a top-up or snack breastfeed if baby hasn't settled.
- Offer an extra night feed at the breast:
 - try not to give baby formula unless advised by your lactation consultant or other health carer.
- Express your breasts after or between each day time breastfeed.
- Hold your baby skin-to-skin before breastfeeds or expressing.
- Offer each breast twice at each feed:
 - switch to the other breast when baby's sucking slows down.
- Use gentle pressure on your breast while you are feeding or expressing:
 - this helps with milk flow
 - the better you empty your breasts the better they will make milk

Remember: more milk out = more milk made

It can take a few days for you to make more milk

- Do one session of power pumping each day – see page two
- Talk to your doctor about medicine to help you make more milk if all this does not work.

Some mothers have used herbs such as fenugreek to help make more milk. There is not much known on how well they work or their safety for mother or baby.

Power pumping

- Once a day.
- Extra to your usual number of expressings.
- 10 minutes on the pump, 10 minutes rest and repeat for up to an hour.

Reasons you may think you do not have enough milk

“My baby feeds often”

It is normal for young babies to feed 8-12 times in 24 hours and to have some wakeful times.

“My breasts have gone soft”

This can happen when your breasts have worked out how much milk your baby needs.

Usually when your baby is two to three months old.

“My baby has started feeding more often”

Your baby will feed more often for a few days, when your baby needs you to make more milk.

“My baby only feeds for a short time”

Older babies will take less time to feed and still get what they need.

“Are there any foods that will help me make more milk?”

No. There is no proof that any foods or herbs will help you to make more milk.

- A diet with a bit of everything is all you need.
- Drink water to your thirst.
- Drinking milk will not make more breastmilk.

“Can I give formula to my breastfed baby?”

There is no need to give formula to your baby unless your health carer has advised you to.

This is because:

- your baby will breastfeed less and you will not make as much milk
- if your breasts are not fed from as often, you may get blocked ducts or even an infection of your breast (mastitis).

Other helpful information: Mercy Health patient information handouts

- MHVL Expressing breastmilk
- WMH Breast pump hire
- MPHI Breastfeeding Guide

Further Information

If you have any questions regarding this information, please contact:

Mercy Hospital for Women

Breastfeeding Support Service Phone: 8458 4677

Werribee Mercy Hospital

Breastfeeding Support Service Phone: 8754 3407

Australian Breastfeeding Association

Helpline Phone 1 800 686 268

Website www.breastfeeding.asn.au

App mum2mum

Maternal & Child Health Line Phone 13 22 29

Private Lactation Consultants www.lcanz.org

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