



# B.R.E.A.S.T. 101

## *Milk Supply*

We asked local breastfeeding/chestfeeding individuals to give insight into their breast milk supply and share advice for other moms! These are general suggestions from them, they are not to be taken as medical advice.

Everyone's supply is different and pumping output is not always comparable to baby's efficacy.

### MAINTAINING AN ADEQUATE SUPPLY



DRINK LOTS OF WATER



EAT A BALANCED DIET



NURSE ON DEMAND



MAINTAIN A PUMPING SCHEDULE

### IMPROVING A LOW SUPPLY



EAT LACTATION COOKIES & OATMEAL



WORK WITH A LACTATION CONSULTANT



DRINK MOTHER'S MILK TEA



ADD A PUMPING SESSION

-DRINK GATORADE -TAKE SUPPLEMENTS -SKIN-TO-SKIN WITH BABY

### MANAGING AN OVERSUPPLY



NURSE FROM ONLY ONE SIDE AT A TIME



REDUCE # OF PUMPING SESSIONS OR TIME PUMPING



TAKE LECITHIN TO REDUCE CLOGS



HAND EXPRESS EXCESS

-CAPTURE EXCESS MILK WITH MILK SAVERS OR SILICONE BREAST PUMP  
-WORK WITH A LACTATION CONSULTANT  
-FREEZE AND SAVE FOR A LATER DATE



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REAL PEOPLE, REAL STORIES

### IMPACT OF A LOW SUPPLY ON BABY AND BREASTFEEDING EXPERIENCE:

"Baby's weight dropped a little and baby was fussy."

"Made emotions run high and was mentally exhausting."

"Very disappointing to feel like you couldn't provide for your baby like you should."

"Low weight for baby and had to supplement."

"I was not able to get a good latch with my baby. I began exclusively pumping and supplementing with formula if I did not have enough on hand."

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### IMPACT OF AN OVERSUPPLY ON BABY AND BREASTFEEDING EXPERIENCE:

"Babies had a hard time taking in milk that quickly, and spit up a ton. "

"Baby had reflux, I struggled with frequent clogged ducts. "

"He could never latch appropriately because I was so engorged initially (and have flat nipples). As a result, I have used a nipple shield with him for the entirety of our nursing experience. Also, I always opted to position him on top of me to use gravity to work against my heavy let down. I have had mastitis once and clogged ducts 3 or 4 times. "

"I had mastitis within the first week after birth, I also has very over active let down which lead to some issues nursing in the first month. Beyond that the only effect it has was me being slightly uncomfortable if I didn't pump or nurse on schedule. I also had some issues with leaking and my let downs were painful."

"I used the silicone pump to catch the extra on the breast I wasn't nursing from. It was a wonderful tool to help regulate me."

"I leaked a lot!"