



Tips to Increase Milk Supply

Since you can't see how much milk your baby is getting when breastfeeding, you may wonder if you are making enough... You can be sure that your milk supply is sufficient if you're changing 5-6 wet and dirty diapers every day. A fussy baby that wants to nurse often, soft breasts, not being aware of the "let down" sensation are NOT signs that you are not producing enough milk. You can always take your baby to the Pediatrician for a weight check if you're worried.

Factors that can decrease milk supply:

- *Supplementing with formula
- *Offering only 1 breast
- *Baby's health problems (prolonged hospitalization, anatomical problems)
- *Mother's health problems (some medications or complications from delivery)
- *Pacifiers or using nipple shields (These do not always interfere with breast feeding)
- *A sleepy baby
- *Ending feedings too soon

Ways to increase milk supply:

- *Nurse frequently – the best way to build and establish a good milk supply is to nurse every 1½ - 2 hours during the day, and at least every 3 hours at night
- *Proper position and a good latch – the goal is to empty both breasts with each feed
- *Offer both breasts at each feeding
- *Don't offer supplements between feeds (water, juice or formula), and consider avoiding the use of pacifiers
- *Get enough rest, stay well hydrated, eat healthy foods (see lactation cookie recipe on back)
- *Make sure your support people know how important breast feeding is to you!!
- *Considering pumping if you need to

Supplements for mothers that can help:

- *Fenu Greek (2-4 capsules three times per day)
- *Brewer's Yeast (can be used in baked goods)
- *Dark green vegetables
- *Flaxseed
- *Fennel
- *Whole grains like oatmeal

Lactation Cookie Recipe

- ** Use whole, natural rolled oats, not “microwaveable” kind.
- ** Brewer’s Yeast is sold at health food stores.
- ** Use milled flaxseed found at grocery store or health food store.
- ** Try non-dairy, non-soy chocolate chips found at health food store.

2 Tbsp. flaxseed meal
4 Tbsp. water
1 cup butter, softened
1.5 cups packed brown sugar
2 eggs, room temperature
1 tsp vanilla
2 cups flour
3-4 Tbsp. brewer’s yeast
1 tsp baking soda
1 tsp salt
3 cups rolled oats
1 cup chocolate chips

Directions

Preheat oven to 350 degrees.
In a small bowl, combine the flaxseed meal and water. Let stand for 5 min.
In a large bowl, whisk butter and brown sugar well.
Add eggs and beat well.
Add flaxseed mixture and vanilla, beat well.
In a separate bowl, sift together flour, brewer’s yeast, baking soda, and salt.
Add dry ingredients to butter mixture, mix well.
Stir in oats and chocolate chips.
Scoop tablespoon-size rounds onto baking tray.
Bake 12 minutes
Cool on baking tray for 5 minutes, then transfer to cooling rack.

Enjoy!