

TIPS FOR BREASTFEEDING MOMS

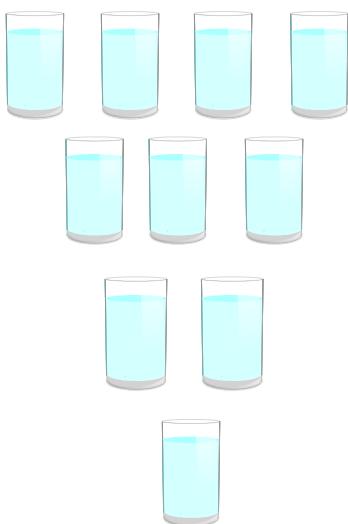
Every mom and breastfeeding journey is different.

Try these tips to help increase or sustain your supply. Talk with a lactation consultant if you have a question or need help!

NUTRITION



- Eating a diet full of variety is essential for adequate milk supply. Try to eat fruits, vegetables, whole grains, lean proteins, and dairy products everyday.
- Some moms like eating 3 large meals a day, some moms prefer 5-6 small meals a day. Finding what works best for you and your schedule is important.
- Having nutritious snacks on hand is helpful when you are on the go or traveling, or just don't feel like cooking a meal
- If you have a stressful day and skip lunch, your milk supply might reflect that.



HYDRATION

- Hydration is ESSENTIAL for adequate milk supply.
- Moms should try to drink at least 8-10 glasses of water each day or as much to quench thirst (64oz-80oz).
- Some women find themselves thirstier when breastfeeding, this is NORMAL
- Try carrying a reusable water bottle with you wherever you go



MILK EXPRESSION

- Nurse your baby or pump every 2-3 hours to help keep your milk supply
- Getting your milk out AND often is important for sustaining your supply
- Your baby is more efficient than your pump. If your baby has a strong latch they will express more milk than your pump can
- If you miss a feeding or pumping session your milk supply might reflect that



BREASTMILK STORAGE



- Pumped or expressed breastmilk can be out at room temperature for up to 4 hours
- Never mix room temperature breastmilk and cold breastmilk
- Breastmilk can stay in the fridge for 3-4 days then needs to be used, frozen or discarded
- Frozen breastmilk is safe for up to 6 months in standard freezer or up to 1 year in a deep freeze

SLEEP AND MOM TIME

- Trying to get enough sleep is difficult when you have a newborn because they are feeding every few hours
- Nap when your baby naps
- Take time for yourself to do self care or to have a few moments alone
- Ask for help from father of the baby, friends, or family. It takes a village!

