

YOUR MILK SUPPLY

It is normal to worry about your milk supply. Some signs your baby is getting enough milk are:

- 5-6 wet nappies in 24 hours, with clear or pale urine
- Baby is happy and alert after and between feeds
- Baby is growing, gaining weight and length

How to increase milk supply

Skin-to-skin contact

Skin-to-skin contact with baby can help increase your milk supply. While breastfeeding, try placing baby in just a nappy on your bare chest. If it's cold, wrap a blanket around yourselves.

Skin to skin contact stimulates the hormones prolactin and oxytocin, which help your body to make and release breastmilk.

Extra breastfeeds

Each time you feed baby, your breast receives a message to produce more milk. Try to fit in extra breastfeeds each day and at night-time.

If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#)/[Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities](#), or GP.



Relaxed and comfortable

The more relaxed you are while breastfeeding, the better your milk will flow.

Some tips are:

- Make sure you are comfortable
- Remove distractions
- Drink water
- Take time to rest, it is important to look after yourself too

Expressing

You can try expressing after each breastfeed or while your baby is sleeping. This helps to increase your milk supply. You can store it in the fridge or freezer to use later.

Your prolactin levels are higher at night, extra night feeding can increase your milk supply, follow babies cues and feed on demand at night



Health
Hunter New England
Local Health District



HNEkidshealth
Children, Young People & Families



Healthy Beginnings for HNEkids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community.

We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.