Establishing & Increasing Your Milk Supply

**TIMES PER DAY**
In the first few days, pump between 8-12 times a day to establish your supply. Do not exceed 6 hours without pumping.

**DRINK PLENTY OF WATER**
It’s important to stay hydrated all day, but the act of breastfeeding will make you incredibly thirsty! Keep a glass of water nearby when nursing/pumping.

**RELAXING ENVIRONMENT**
Set up a comfortable chair and pillows, play soft music, and have photos or videos of your baby handy.

**EAT A WELL-BALANCED DIET**
Make sure to get plenty of protein, fruits and vegetables in your daily meals. Fiber too!

**KANGAROO CARE**
Holding your baby skin to skin - either in the NICU or at home - can give your milk production a boost.

**ASK FOR HELP**
Try not to get discouraged. Producing milk does not happen easily for everyone. Consult your hospital’s lactation consultants for guidance. They are there to help you!