



## Establishing & Increasing Your Milk Supply

**8-12**

### 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!*