

Tips to increase milk productions

1. **Nurse frequently and efficiently:** Milk production is a demand and supply process. The more the baby drinks, the higher is the production. Nurse once every two hours. Position the baby properly while nursing so that he latches on well.
2. **Express milk:** If the baby is unable to empty your breasts, express the milk after nursing to maintain the milk supply.
3. **Nursing vacation:** Spend time just nursing your baby for two to three days and do nothing else. Of course, you have to feed yourself and be relaxed.
4. **Switch sides:** Make your baby drink from both the breasts. Switch sides twice or thrice every time you feed. But let the little one finish one breast and then switch to the other. This technique gives fatty 'hindmilk' to the baby. Using breast compression helps the baby feed longer.
5. **Avoid pacifiers and nipple shields:** Avoid using pacifiers and nipple shields.
6. **Take extra multivitamin supplements if you are vegan or vegetarian.**
Such as Biocare pregnancy and lactation supplement
6. **Avoid solids:** If the baby is younger than six months, avoid feeding her solids, water, and formula.
7. **Rest well:** Besides eating well, rest well. Consume well-balanced diet and more liquids.
10. **Stay calm and relaxed:** Believe it or not, stress does play a major role in reducing the milk production. Well, handling a baby can be a tough job, and you may not get enough rest. Seek help from your family so that they babysit while you relax. The key is to stay relaxed by practicing healthy, stress reduction techniques like breathing exercises. These would help ensure a good supply of milk.
11. **Use the right bra:** Wearing a tight bra that compresses your chest region or one that is rigid around the band can affect milk flow. The wrong bra can lead to clogged ducts, blocking milk production.
12. **Breast massage:** Massaging your breast will help open blocked ducts, besides loosening hardened areas or lumps. It does not increase milk production but allows easy flow of milk. It may even lessen the risk of mastitis. Massage gently on the breasts and do it yourself as you can judge the pressure applied:
 - When both you and your baby are comfortable and relaxed, give a gentle massage on the chest region, ending towards the nipple.
 - Now let your baby suckle. Then massage another breast. Be gentle as vigorous strokes could damage the ducts.
13. **Nurse skin-to-skin:** Go skin-to-skin while nursing. Take off your clothes from the upper part of the body and leave your baby in a diaper, while nursing. Wrap a blanket covering both of you together and begin breastfeeding. The technique promotes bonding and helps in releasing more milk-producing hormones.
14. **Add pumping sessions:** Add pumping sessions in between or after nursing sessions to maintain the milk supply. Pump for at least two to five minutes every time. This is because if your breast are empty then the body give the signal to make more milk. Remember to have your baby feed on both breast and make sure that they finish off one breast till the end, which is the more dense and fatty part of the milk for growth.
 - Shorten the intervals between pumping, rather than increasing the pumping duration. For instance, pump thrice every 15 to 20 minutes than thrice every half an hour, in case you are away for 8 to 10 hours.
 - Follow the 'massage-stroke-shake' (M-S-S) pumping technique developed by Chele Marmet, co-director of the Lactation Institute in Encino, California:
 1. Double pump the breasts for five to seven minutes and stop.
 2. Simultaneously massage both the breasts in a circular motion (as if self-examining).
 3. Use your fingertips to apply gentle strokes in a line from the chest wall till the nipple.

4. Using your hand, cup each breast and lean forward. Now shake your breasts gently.
5. Repeat pumping for another five to seven minutes.

The M-S-S technique stimulates prolactin levels, thereby increasing the milk production in a short time.

- Your baby's sucking is a strong pull for the milk to come.
- Your brain receives the message.
- Your brain releases the milk ejecting hormone called oxytocin.
- Oxytocin flows through your blood to your breast muscles.
- The milk induced due to prolactin hormone flows out through the breasts.
- You begin feeding the baby.
- It usually takes two weeks for your body to settle into a proper feeding routine.
- You will start experiencing a kind of tingling under your breasts.
- Sometimes you hear your hungry baby crying and you will experience a sensation in your breasts
- You may most likely experience a fullness and discomfort in the breasts if you have passed the feeding time and not fed yet.
- Many women may automatically start to leak milk when it is time for feeding.

Smooth Lactation:

The following will help make lactation time better and easier for both you and your baby:

- Nurse your baby in a quiet room.
- Stay calm.
- Follow the lactation diet listed above.
- Wrap warm towels around your breasts.
- **Burp your baby after every feed.**
- Consult your doctor in case of any discomfort to you or your baby.
- Breast feed your little one regularly.
- Avoid worrying about your post-delivery weight-gain. This is the time to eat right. You can always get on a diet later.

Food that increase lactation:

Water (away from meals if possible) up to 2 liters a day

Make sure that your iron is at top form if not take supplements

Oats

Garlic

Fennel (cooked)

Fenugreek

Chickpeas

Almonds

Beans and lentils (add a tip of bicarbonate of soda to the cooking for easy digestion by the baby)

Oily fish

Good fats from seeds, nuts,

Sweet potatoes

Basil leaves

Salmon

Cumin seeds

Brown rice

Apricots

Carrots

Spinach and bay leaves