

## ~Plan for increasing milk supply~

### Spend time with baby

1. Skin to skin time 15-20 minutes 1-2 times per day on weekdays and 4-5 times per day on weekends
2. Bath with your baby
3. Wear baby (tummy to chest)
4. Pump where you can see, hear, touch, and smell your baby when possible and if you are away from your baby look at photos, videos, or facetime call their caregiver to see your baby.

### Triple Feeding Plan

1. Offer your breast with or without the nipple shield, allow baby to nurse up to 10 minutes on the first breast and 5-10 minutes on the 2<sup>nd</sup> side. Burp in between breasts.
2. Offer supplement bottle and feed by paced bottle feeding method (Supplement with your expressed milk, formula, or a mix of both to equal 3.5-4 ounces)
3. Double pump both breast with an electric pump for 15 minutes.

### Power Pumping Sessions

- After one of your morning nursing session when you have help at home try power pumping after a morning latch in place of your normal pump time
- It's best to power pump within 30 minutes after latching
- Try to do 2 power pumping session per week at the same time each day. (Example power pump after the 9a.m. feeding on Saturday and Sunday)
- Power Pumping Schedule (60 minutes of off and on pumping)
  - Pump for 20 minutes
  - Rest for 10 minutes
  - Pump for 10 minutes
  - Rest for 10 minutes
  - Pump for 10 minutes

\*Note most mothers do not see the increase in milk supply for 5-7 days after the 2 power pumping sessions. (Example if you power pump on Saturday and Sunday, more than likely you will not see the increase in supply until Wednesday or Thursday)

### Pumping Tips:

1. Use handsfree pumping bra so you are able to massage breast while pumping. My favorite handsfree pumping bra is the Simple Wishes Handsfree Pumping Bra. If you order this bra you will need the size: XS-L.
2. Pump where you can see your baby.
3. Continue skin to skin time with your baby prior to pumping.
4. Warm compresses to your breast prior to pumping or while pumping (heating pad or "hot hands" warmers may be helpful).

5. With the Spectra pump it begin with the “let-down” (cycle #70/ suction at 2-3) and then change to extracting mode (cycle #54/ suction at 2-3). Remember to press the “let-down” button about ½ way through your pumping cycle for a 2nd “let-down”.
6. If you have time try hand expressing after you used the electric pump  
For tutorial check out this video from Standford University:  
<https://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>
7. Use your “pumping time” to hydrate and eat a high protein snack.
8. Always double pump if you are going to take the time to pump.
9. Aim to pump around 15 minutes if pumping after a feeding or pump 20 minutes if you are pumping in place of a feeding.

### Spectra Pump Settings:

20 Minute Pumping Session with a Spectra pump-

1-3 mins: #70 L2-3

3-10 mins: #54 (or another extraction cycle you like) L 7-9

10-13 mins: #70 L2-3

13-20 mins: #38 (or another extraction cycle you like) L 8-10

### Breastmilk Storage (According to AAP)

4 hours at room temperature

4 Days in the Refrigerator

4-6 months in a regular freezer

6-12 months in a deep freezer

24 hours on ice blocks in a cooler

### Bottlefeeding a breastfed baby:

- Best if bottles can be offered by someone other than mom when this is possible.
- Mom to breastfeed before baby takes their bottle. Support person to give baby \_\_\_\_\_ oz of \_\_\_\_\_ after nursing. Ideally, it would be great if you could pump while the baby gets their bottle to stay on their feeding demand.
- Supplementing should become less as more milk starts to come in.
- Try to use paced bottlefeeding technique when offering a bottle. Remember to burp 1/2 way through the bottle and at the end of the bottle.
- Feel free to mix your breastmilk with formula (if you do not have enough pumped milk) to equal \_\_\_\_\_ oz per bottle, as your baby starts to transfer more at the breast we will decrease this bottle amount when baby is supplemented.

### Paced Bottle Feeding

<https://www.youtube.com/watch?v=TuZXD1hIW8Q>

For supplementation:

\_\_\_\_\_ needs \_\_\_\_\_ ounces a day based on his age and current weight.

If she eats 6 times in 24 hours she needs: ~ \_\_\_\_\_ ounces each feeding

If she eats 7 times in 24 hours she needs: ~ \_\_\_\_\_ ounces each feeding

If she eats 8 times in 24 hours she needs: ~ \_\_\_\_\_ ounces each feeding

Please continue to feed \_\_\_\_\_ at least 8 times per day until she is at least 12 weeks old, unless otherwise instructed by Dr. \_\_\_\_\_. Please follow any feeding volume guidelines that were set by your pediatrician if they differ from the volumes we discussed today.

Infant soothing to use after feedings:

- Paci use (should only be used after he has recently nursed and drained breast well and < than 30-45 minutes since his last feeding)
- Swaddling
- Upright reclined positions seem to aid in better digestion and less spitting
- Holding in a side lying position
- White noise

Foods to boost milk supply:

Electrolyte Drinks (Sports Drinks/Body Armor Water)

Protein rich foods (nuts, nut butters, lean meats, fish, eggs, beans, chick peas)

Healthy Fats (olive oil, coconut oil, avocado, salmon)

Vegetables/Fruits (apricots, green leafy vegetables, sweet potatoes)

Rolled Oats (oatmeal, oatmeal cookies, lactation cookies)

Flaxseed

Brewer's Yeast