



Emergency

5-STEP

SUPPLY-BOOSTING

TOOLKIT



Breastfeeding *for Busy Moms*

SUPPLY-BOOST

101

Hey There!

Thanks so much for grabbing my supply toolkit.

I have to note, if you are concerned that your baby is in distress due to a supply issue, you should call your pediatrician.

You are also more than welcome to schedule a private consultation with me if you have questions beyond what this toolkit provides.

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First, let's figure out if you are actually having a supply issue!

We are bombarded daily by “freezer-stash” photos of breastmilk on social media.

We are also forced to tolerate ads from companies who capitalize on the anxiety and fear that is present in so many of us mothers. "Eat this cookie and **FINALLY** be able to nourish your baby".

I just want the main takeaway here to be **YOU ARE ENOUGH** regardless of your supply. You are a good parent, and you are worthy of the sweet baby in your arms.

A Quick Note...

Can I say a quick note about foods and drinks that supposedly boost supply?

Yes! I can... It's MY toolkit!

Oatmeal and other micronutrients *DO* help to stabilize your blood sugar and optimize the micronutrients in your body so it can make the milk. They *DO NOT* magically make you have more milk.

Yes, many of these cookie products do contain those buzz words (oatmeal/brewer's yeast/fennel), but also contain a ton of **SUGAR** and other crap that isn't good for you. If you are going to try to improve your supply with diet, get a good recipe with *clean ingredients*.

The more stable **YOU** are as a source of food... the more stable your food will be!

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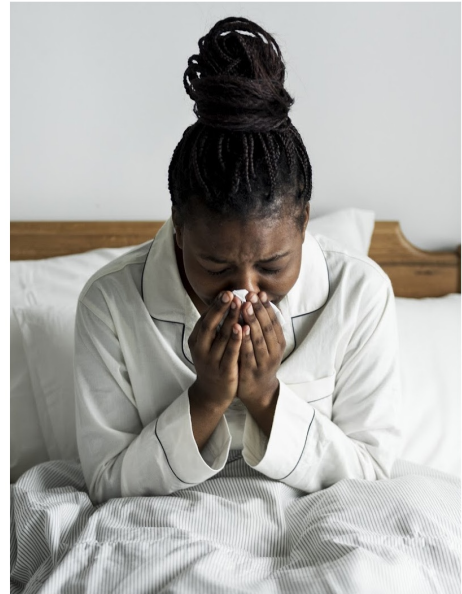
Why Did This Happen?

Most dips in supply are temporary. Illness, accidental ingestion of medication or herbs that have a drying effect, unplanned time away from baby, etc... are all reasons you might see a *temporary dip in your milk supply*.

This toolkit provides evidence-based actions that you can take to ensure that your supply bounces back as quickly as possible.

These actions should work for ANY supply issue, but specifically for women who previously had a good supply and suddenly do not.

If you have struggled with the supply from the beginning you should try these interventions, but you may also want to schedule a lactation consult.



A Few Things To Keep In Mind

- 1.) Remember that time at the breast does not equal volume!
- 2.) Your pumping does not necessarily reflect the volume that baby is getting! The baby is a MUCH better pump than a pump!
- 3.) “Just Enough” milk... is ENOUGH! You don’t need to feed the entire neighborhood.

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Step 1: Is It A Supply Issue?



Ask Yourself the Following:

- 1.) Is my baby acting like it's starving to death?
- 2.) Is my baby losing weight?
- 3.) Is my baby exhibiting any symptoms of starvation? (decreased pees and poops, depressed fontanel (soft spot) on their head, lethargy, dry cracked lips, tenting skin).

If any of those answers are YES, then you might actually have an issue.

Call the pediatrician and begin implementing the following...

Step 2: Skin-To-Skin & On Demand Feeding

You've established that you *DO* have a supply issue. Now what?!

You are going to get that baby **SKIN-TO-SKIN** with you and feed on-demand for the next 3-days.

If your baby is less than 6 months of age, I recommend a fabric wrap baby carrier. You can actually **wear the wrap AS A SHIRT** and get baby directly against your skin. Make the panels of the wrap wide across your chest/back and wear a light sweater overtop. I promise, no one will be able to see any skin. It's full-coverage!

The Purpose:

To get your body and baby's body back on the same page. Your breasts will be stimulated by the skin-contact, your brain will be stimulated by the smell and sound of your baby, and baby will be able to alert you ASAP if they are hungry. It will be much easier to identify those early feeding cues with baby right against your chest.

Step 2: Skin-To-Skin & On Demand Feeding

If your baby is older than 6-months, baby-wearing might be a little bit more difficult.

In this situation, I recommend getting into the bathtub with your baby and nursing in the tub. Baby is usually very relaxed and has full access to your breasts.

What if you have to go to work and baby has to go to daycare??? You will need to power pump after the morning feed and an extra 5 min for each pump session throughout the day.

It's going to take at least 3 full days of intervention before you see a difference.

Your body is just a body... you aren't a machine that can be programmed. If it's not possible for you to do this intervention then be honest with yourself!

It's ok! You are a great parent and you are doing the best you can.

Your baby will be fine if you have to supplement. You can still try steps 3-5 and see what happens!

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Step 3: Breast Massage & Breast Compression

Perform some deep breast massage prior to nursing (maybe 3 minutes or so) and then perform breast compression while baby is nursing.

Breast compressions are kind of like compressing a large bag of icing when you are icing a cake. It's not so much a "pumping" action as it is a gentle "squeeze and hold".

The same way you would squeeze to encourage icing to flow out of the tip and ice your cake, you will compress your breast and encourage the milk to flow out of your nipple while baby is suckling.

The Purpose:

Massage loosens, stimulates and opens everything up prior to nursing.

Compressions encourage emptying of the breast (which will stimulate more milk production) as well as prevent baby from becoming frustrated by a lack of usual milk flow.



Step 4: Power Pumping 2-3 Times/Day

I want you to really consider how short you are on milk when you are deciding the number of times you are going to power pump in a day.

I do NOT want you to accidentally create an oversupply and then have a whole other bag of issues to deal with.

Also, please make sure that you are using the correct flange size.

Power pumping is best done after the first morning feed (between 4am and 7am) and after the night feed (7-10pm).

The Purpose:

You have the *MOST* milk in the morning, and the emptying of the larger volume of milk sends a very clear signal to your body to *MAKE MORE*.

At night time your prolactin (milk making hormone) is the *highest* and power pumping during that time is great because it *boosts that hormone!*



This part of the pump is called the "flange" that needs to be sized correctly!

Step 4: Power Pumping 2-3 Times/Day

How do you power pump?! It's not hard, but it can be time consuming.

You begin power pumping **AFTER** your breastfeeding session.

Pump for 10 minutes, rest for 10 minutes, pump for 10 minutes, rest for 10 minutes, pump for 10 more minutes and then you're done!

Some people will choose to begin by pumping for 20 minutes, but only do that if you feel like your nipples can handle it.



A Quick Note:

You are **NOT** supposed to get a large amount of milk during power pumping sessions. It is only serving as a message to your body that you need more.

Step 5: Sleep & General Health

Please try to get **at least 4-hours of sleep** (one REM cycle) in a row in a 24-hour period.

Sleep is still a *mystery* to us humans, but we do know that a lack of it can be detrimental to milk supply and your general health.

Your body is selfish and will not prioritize making milk for another human if it feels that **YOU** are in jeopardy.



This is why maintaining your health through good nutrition, a *normal amount of hydration*, and adequate sleep is so important.



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You may need to phone a friend to help you. DO IT!

Private Consults



Available @

www.breastfeedingforbusymoms.com



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