



Breastfeeding  
Committee  
for Saskatchewan

[www.thebcs.ca](http://www.thebcs.ca)

**For further information  
contact:**

Local Public Health Nurse

International Board Certified  
Lactation Consultant (IBCLC)

Local breastfeeding support  
Group

Saskatchewan HealthLine 811

## **10 STEPS TO HELP BUILD A GOOD MILK SUPPLY**

### **1. ITS ALL IN THE BREAST MILK!**

Just nurse! The Canadian Pediatric Association recommends that your baby have exclusive breast milk for the first 6 months – no other food or drink is needed.

### **2. FEED EARLY.**

Feed at the earliest signs of hunger: if baby's awake, sucking on hands, moving his mouth or eyes, or stretching.

### **3. FEED OFTEN.**

The more often you feed, the more milk you make. Feed as often as baby wants (at least 8 times in 24 hours). Add pumping after you nurse for more stimulation.

### **4. TEACH BABY TO OPEN BIG!**

Learn latching technique. It is called breastfeeding – not nipple feeding.

### **5. WATCH YOUR BABY, NOT THE CLOCK.**

Feed your baby when she's hungry and switch sides when swallowing slows down or she takes herself off the breast. Burp often.

### **6. IF HE DIDN'T SWALLOW, HE DIDN'T EAT.**

Listening for the sound of swallowing will help you know if your baby is getting milk.

### **7. SLEEP NEAR YOUR BABY AND NURSE LYING DOWN.**

You can rest while you feed your baby!

### **8. AVOID PACIFIERS AND BOTTLES.**

If pacifiers and bottles are used when your baby is hungry, you may not be nursing often enough to make plenty of milk.

### **9. ANY TIME; ANY WHERE!**

For the first several weeks plan to take your newborn everywhere with you.

### **10. IF YOU NEED HELP, DON'T WAIT TO ASK.**

If you wait too long to get the help you need, it may be harder to establish breastfeeding. Find professional help to understand why – it's worth it!