



# SLEEPY BABY? LOW SUPPLY? *Use your hands!*

Studies show that when mothers use their hands during breastfeeding or pumping, they make more milk, and their babies nurse better.

## STEP ONE: GENTLE BREAST MASSAGE BEFORE NURSING OR PUMPING

Before beginning a nursing or pumping session, gently massage your breasts. This not only helps incorporate more fat into your milk, but it can help your milk start flowing quicker.

## STEP TWO: GENTLE COMPRESSIONS DURING NURSING OR PUMPING SESSION

Once baby is latched or you have started your pump, use gently compressions starting at the outer edge of your breast and moving toward your nipple. This can make it easier for sleepy or small babies to move the milk more efficiently.

## STEP THREE: HAND EXPRESSION FOR ONE MINUTE ON EACH SIDE AFTER NURSING OR PUMPING

The easiest way to make more milk is to remove milk more thoroughly and more often. Hand expressing at the end of a nursing or pumping session will ensure that your breasts are as empty as possible - which will signal to your body to make more!

*Still having trouble? Give us a call!*