

When to Seek Further Support

Get help if you notice:

- Pain during breastfeeding
- Baby not gaining weight
- Premature, sleepy, or unwell baby
- Concerns about tongue function
- Ongoing low supply despite supportive measures

Please reach out whenever you need reassurance or support

The Gentle Latch



INFANT FEEDING AND
TONGUE TIE SERVICE

Increasing Milk Supply Leaflet

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Understanding Milk Supply



Most parents can increase milk supply with the right support.

Milk production works on a supply-and-demand basis: *the more often and effectively milk is removed, the more your body makes*.

Signs Baby May Not Be Getting Enough Milk

- Long, unsatisfied feeds
- Fewer wet/dirty nappies
- Slow weight gain
- Baby sleepy at the breast
- Clicking or slipping off the breast

(Always seek tailored support if you are worried.)

How to Increase Milk Supply

- Feed frequently – aim for 8–12 feeds in 24 hours
- Offer both breasts each feed
- Switch sides several times to keep baby active
- Skin-to-skin contact boosts hormones for milk production
- Breast compressions to increase milk transfer
- Respond to early feeding cues – don't wait until crying
- Pump after feeds if advised
- Avoid long gaps between feeds

Improving Latch & Positioning

A deep, comfortable latch helps baby remove more milk.

Try:

- Nose-to-nipple positioning
- Waiting for a wide-open mouth
- Bringing baby close, chin first
- Reclined/laid-back feeding

If feeding is painful, support is advised.

Using a Breast Pump

Pumping can be useful alongside breastfeeding.

Tips:

- Pump after feeds when breasts feel soft
- Use the correct flange size
- Aim for short, frequent sessions
- Hands-on pumping can increase yield

It's not always practical but a double electric pump is most effective for boosting supply.

Foods & Supplements

No food or supplement reliably increases milk supply on its own.

What *can* help are:

- Adequate calories
- Hydration
- Rest (as much as possible!)

Always be cautious with herbal supplements—evidence is limited.

