**12 TIPS FOR ESTABLISHING A GOOD MILK SUPPLY**

1. **FEED YOUR BABY.**
   - Your baby needs to be able to open her mouth wide, so keep her chin on the chest!)
   - Make sure your baby's mouth is opened wide (like a yawn) before he or she latches on to your breast.

2. **CHECK FOR PROPER LATCH.**
   - It is OK if your baby does not feed on the first try. Try again in 5-10 minutes.
   - Start on the other breast at the next feeding.

3. **ALTERNATE BREASTS.**
   - Avoid pacifiers and bottles for the first 4-6 weeks. If you do use them, try to switch sides — it's hard to swallow with the chin on the chest.
   - Early removal of milk by hand boosts your supply. For the first couple of days, hand express after your baby nurses. You can do compressions to keep baby drinking in the early hours. Then start with that side for the next feeding.

4. **TRY HAND EXPRESSING.**
   - Do compressions to keep baby drinking in the early hours. Try tickling, changing diapers or undressing your baby. Keep on the first side for as long as your baby is vigorous and swallowing. You may need to tickle and adjust to the outside world. Skin-to-skin not only helps babies breastfeed better — it enhances brain development.

5. **PRACTICE SKIN-TO-SKIN.**
   - Avoid supplementation. There’s no pump as good as your baby. Your baby is a 10-star “pump,” while the best breast pump is only a 5-star.
   - If your baby has returned to birthweight and is having lots of wet diapers and seedy yellow stools, you can do compressions to keep baby drinking in the early hours.

6. **AIM FOR FEEDINGS AT LEAST EVERY 3-4 HOURS.**
   - If your baby is still hungry, offer the second breast. Remember to frequently empty your breasts to establish your supply. Plus babies suckle differently on artificial nipples.

7. **DON’T DO IT ALONE.**
   - Your baby needs to be able to open her mouth wide, so keep her chin on the chest!)
   - Try tickling, changing diapers or undressing your baby. Keep on the first side for as long as your baby is vigorous and swallowing.

8. **DON’T BE YOUR OWN WORST ENEMY.**
   - Avoid pacifiers and bottles for the first 4-6 weeks. If you do use them, try to switch sides — it’s hard to swallow with the chin on the chest.
   - Early removal of milk by hand boosts your supply. For the first couple of days, hand express after your baby nurses. You can do compressions to keep baby drinking in the early hours.

9. **DON’T COMPLAIN.**
   - If your baby is still hungry, offer the second breast. Remember to frequently empty your breasts to establish your supply. Plus babies suckle differently on artificial nipples.

10. **DON’T BE YOUR OWN WORST ENEMY.**
    - Avoid pacifiers and bottles for the first 4-6 weeks. If you do use them, try to switch sides — it’s hard to swallow with the chin on the chest.
    - Early removal of milk by hand boosts your supply. For the first couple of days, hand express after your baby nurses. You can do compressions to keep baby drinking in the early hours.

11. **DON’T LET YOURSELF BE OVERWHELMED.**
    - If your baby is still hungry, offer the second breast. Remember to frequently empty your breasts to establish your supply. Plus babies suckle differently on artificial nipples.

12. **DON’T BE YOUR OWN WORST ENEMY.**
    - Avoid pacifiers and bottles for the first 4-6 weeks. If you do use them, try to switch sides — it’s hard to swallow with the chin on the chest.
    - Early removal of milk by hand boosts your supply. For the first couple of days, hand express after your baby nurses. You can do compressions to keep baby drinking in the early hours.