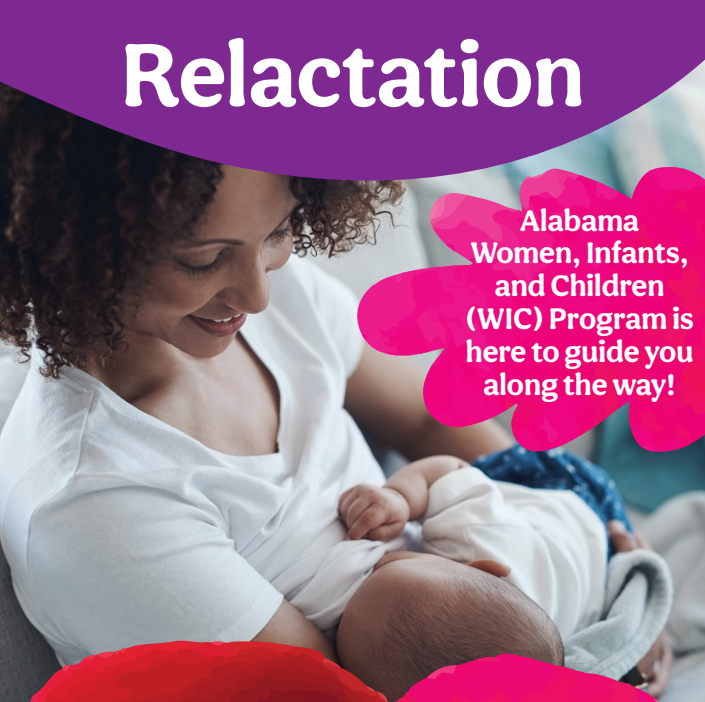


# Relactation



Alabama Women, Infants, and Children (WIC) Program is here to guide you along the way!

**If you are trying to get your milk supply back, try to look at this as a bonding nurturing activity.**

Breastfeeding may become the primary way to feed. Know that this is a lot of work but so very worth it! You will be able to provide part or all of your baby's needs with the healthiest choice, breast milk. Your milk has many healthy things in it to prevent illness. While at times this may be tough, remember to stay motivated and dedicated to getting your milk back.

## **First Things First:**

Figure out who will support you—a partner, family, a mom's group, online groups, and WIC.

## Co-Bathing

If you have another adult in the home that can safely hand the baby to you while you are in the tub, you and baby can have a fun time playing and this increases your milk. Just like skin to skin is used for newborns. There is no pressure for baby to feed but baby may find the breast and nurse.

## Baby to Breast

Try putting baby to the breast when baby is drowsy or in a dimly lit room. Start with putting expressed milk or formula on the nipple. Never force baby.

## Hand Express

Hand express before putting baby to the breast or pumping. [med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html](https://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html)

Pump or hand express every 2–3 hours. Find a comfortable relaxing place and either have baby nearby, look at a picture of baby, or smell a blanket that smells like baby. Don't look at the bottle while pumping!

## Power Pumping

Power pumping can help too. Take one hour/day and set the alarm on your phone for every 10 minutes. Put on a funny show you like to watch. Pump for 10 minutes, take the next 10 minutes off, etc. Cover the bottles so you can't see what you're getting. At the end of the hour, then see what you produced.

## Massage

Massage your breasts 5–8 times/day. Make sure your hands are warm. There are many techniques. Just do what feels good.

Get a back massage between the shoulder blades. The massage stimulates blood circulation to the breast.

## Nursing System

Try an SNS, which is an at-breast feeder. The baby is more likely to stay at the breast if milk is coming out of the tube taped to the breast. The younger the baby, the more likely this will work.

**Things to Avoid:** estrogen type birth control methods, nicotine, antihistamines, sage, parsley, and peppermint; limit alcohol.

**Other Tips:** Simplify life by resting, eating a nutritionally balanced diet, and let others help with children or errands. Eat oatmeal once daily. Ask your doctor about supplements or medications that may help.

