

# Relactation Quick Reference Guide

- Explain to parent why it would help the infant to breastfeed exclusively, and what is needed to increase the human milk supply. Explain that it takes patience and perseverance.
- Build confidence. Help parent feel that enough human milk can be produced for the child. Try to see and talk to parent often every day if possible.
- Make sure that the lactating parent has enough to eat and drink.
- Encourage parent to rest more, and to try to relax when breastfeeding. Parent should provide the majority of baby's care, but family and friends can help by taking over other responsibilities.
- Encourage parent to keep baby nearby, in the same room, to allow for increased skin-to-skin time and to make nighttime breastfeeding more convenient. Emphasize importance of current safe infant sleep guidelines while breastfeeding. [nichd.nih.gov/newsroom/digital-media/videos/STS-breastfeeding](https://nichd.nih.gov/newsroom/digital-media/videos/STS-breastfeeding)
- Explain that the most important thing is to let the infant suckle more, at least 8 to 10 times in 24 hours, more if baby is willing. Sometimes it is easiest to get an infant to suckle when he or she is sleepy.

Allow suckling longer than before at each breast

Allow suckling whenever baby is interested

Keep baby with relactating parent and breastfeed at night

Offer skin to skin (baby on chest of lactating parent) feedings every 2 hours

- Discuss how to give other milk feedings, while waiting for breast milk to flow, and how to reduce the breast milk substitute (BMS) as MOM (mom's own milk) increases.
- Show how to give the other feedings from a cup; pacifier use should be discontinued.
- If the infant refused to suckle when not much milk is produced, help to find a way to give the child milk while suckling. For example, with a supplementer, a dropper or syringe.
- For the first few days, the full amount of BMS appropriate for the child's weight, or the same amount that had been given prior to establishment of relactation, should be given.
- As soon as breast milk begins to flow, the amount of BMS can reduce - by about 50 ml every few days.
- Check the child's weight gain and urine output, to make sure that she/he is getting enough milk. If he or she is not getting enough, do not reduce the BMS for a few days. If necessary, increase the amount of BMS for a day or two.

If a child is still breastfeeding sometimes, the breast milk supply increases in a few days. If a child has stopped breastfeeding, it may take one to two weeks or more before much breast milk comes.