

Increasing Milk Production

1. Use a double electric breast pump. Nurse and then pump afterwards for 10 – 15 minutes. Milk removal is the GOAL. Milk removal tells your body to make more milk!
2. Do breast compressions while you nurse and while pumping.
3. Eat oatmeal.
4. Eat 70 grams of protein daily.
5. Be cautious with medications. Estrogen birth control, antihistamines, and decongestants can decrease your milk supply.
6. Try **One Hour Power Pumping** following this schedule:
 - Pump for 20 minutes
 - Rest for 10 minutes
 - Pump for 10 minutes
 - Rest for 10 minutes
 - Pump for 10 minutes

Herbal Supplements

DO NOT TAKE HERBAL SUPPLEMENTS WITHOUT CONSULTING YOUR M.D., PEDIATRICIAN, AND/OR NEONATOLOGIST

*Fenugreek- may take up to 6 grams per day

Blessed Thistle- may take 1.5 – 3.0 grams, 3 times per day

Legendairy Milk- Pump Princess, Liquid Gold, Milkapalooza

*Do not take if allergic to chickpeas, peanuts, or legumes or if you are diabetic or have blood sugar problems

Referenced doses Hales “Medications and Mother’s Milk” 2023

House Poet's Famous Lactation Boosting Oatmeal Cookies

- 1 cup butter · 2 cups flour
- 1 cup sugar · 1 teaspoon baking soda
- 1 cup brown sugar · 1 teaspoon salt
- 4 tablespoons water · 3 cups oatmeal (thick cut if possible)
- 2 tablespoons flax seed meal * · 1 cup chocolate chips
- 2 large eggs · 2 tablespoons brewer's yeast *
- 1 teaspoon vanilla (*no substitutions)

Preheat oven to 375 degrees. Mix 2 tablespoons of flaxseed meal and water, set aside for 3-5 minutes. Cream butter and sugar. Add eggs one at a time, mix well. Stir flaxseed mixture and vanilla into the butter mixture. Beat until blended. Sift together dry ingredients (except for oats and chips.) Add to butter mixture. Stir in the oats, and then the chips. Scoop or drop onto baking sheet, preferably lined with parchment paper. The dough is crumbly, so a scoop is helpful!

Bake 8 – 12 minutes. Makes approximately six dozen cookies. Preparation time: 15 minutes.

Lactation Bites

- 2 cups Oatmeal
- ½ cup ground flaxseed
- 3 Tablespoon brewer's yeast
- 1 cup peanut butter or almond butter
- ½ cup of honey
- 1 tsp vanilla
- ½ cup dark chocolate chips

In bowl, add all ingredients except chocolate chips. Mix until well combined. Stir in chocolate chips.

Roll mixture into 2 tablespoon sized smooth balls and place on a parchment-lined baking sheet. Place in refrigerator for 30 minutes or enjoy right away! Once the bites have set, transfer them to an air-tight container and store in the refrigerator for up to 2 weeks.