

# How do I keep up a good milk supply?



**Breastfeed your baby**—it is the best way to make more milk. The more often you breastfeed, the more milk you will make. Breastfeed often when you and your baby are together.



**Pump as often as you would breastfeed at home.** When you are at work, or school, or away from your baby, pump to keep up your supply.



**Take good care of your breast pump.** Check when to replace the pump valve and the size of your breast flange—both of these can affect your milk supply.



**Massage your breasts while pumping.** This can increase your milk supply and the calorie content of your milk.



**Speak to your WIC counselor, lactation consultant, or health care provider** if you have concerns about your milk supply. They can give you more tips that are right for you.

These tips work for parents staying home too!



California Department of Public Health, California WIC program

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