

# Relactation?

**Many mothers find they can rebuild a milk supply successfully - even after having weaned for weeks or months. Time to give it a try?**



**Hand express or pump at least eight to twelve times per day for 20-30 minutes, including at night.**



**Give expressed/pumped milk and supplements in a cup, or use an at-breast supplementer.**



**If baby will latch on, put baby to your breast before and after each cup-feeding.**



**Put baby to your breast for comfort between feedings as often as possible instead of using a dummy/pacifier - it will help build your milk supply.**



**Get support from your local LLL group or Leader - find local support here.**

**[llasia.org/find-support](https://www.llasia.org/find-support)**



**Accept any offers of support with shopping, housework etc.**

**Remember – breastfeeding is not just about the milk. Baby will get immune benefits from skin-to-skin contact. Every drop of breastmilk is important.**