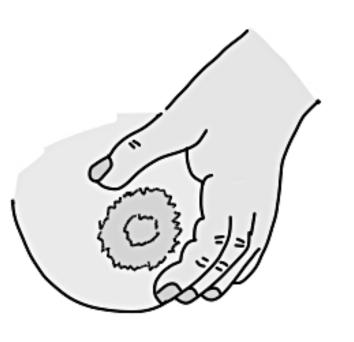
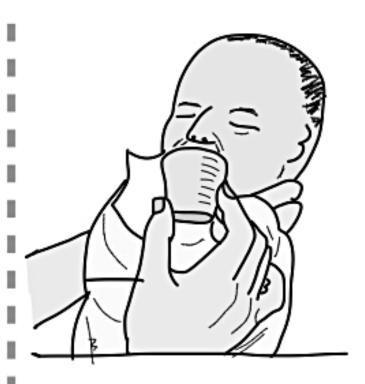
## Relactation?

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 cupfeeding.



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.

Illasia.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.

