

Relactation



Relactation builds a milk supply so you can breastfeed your baby.

Common Reasons

- Unhappy with decision to wean
- Formula intolerance
- Change in work/home situation
- Medical conditions
- Adoption

Getting Started

- Nurse as often as baby is willing
- Offer both breasts every 2-3 hours
- Use an electric pump after offering the breast
- Begin to decrease formula amount as baby takes breast



It Takes Time

- Commit to breastfeeding for 2 weeks
- Offer breast when baby is not too hungry or sleepy
- Increase skin-to-skin contact
- Limit distractions
- Hand express while baby is at the breast

Things to Remember

- Babies under 3 months of age have the most success
- Babies who have breastfed before are usually more willing
- Baby gets a vote. If you can't get baby to breast, try exclusively pumping.

Visit www.womenshealth.gov/breastfeeding for more information.

YOU ARE
MOM 
STRONG

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